

INDIAN COOKING

14 Oct 2021

Baingan Bharta “Spicy Aubergine Mash”

Equipment

Gas stove
Grill tray/pan

Ingredients

Serves 4

- 1 large aubergine (400g)
- 1 medium onion (125g), finely diced
- 1-2 green chillies, finely chopped (ideally bird's eye!)
- 2 tbsp tomato passata
- 2 tsp tomato puree (double concentrate)
- 1 ½ tsp salt or according to taste
- ½ tsp chilli powder
- 1 chilli, finely diced
- 2 tbsp peas, boiled (optional)
- 6 stems fresh coriander, chopped

Directions

1. Roast the aubergine over an open flame until it is fully cooked. Rotate the aubergine every 5 minutes or so. It should take about 10-15 minutes depending on the shape of the aubergine. When done, the skin should be charred all over and the aubergine flesh will become soft and tender.
2. Remove from heat and allow to cool. Then peel and discard the skin. Finely chop the flesh until it resembles a mash.
3. Heat oil in a non-stick pan. Then add the onions and chilli and cook for 3-4 minutes until light golden brown in colour.
4. Add the tomato passata, tomato puree, salt and chilli powder and cook for a further 2-3 minutes.
5. Now add the mashed aubergine and peas and mix well. Reduce the heat and cook for 5-7 minutes. Add the fresh coriander. Taste and adjust accordingly. Remove from heat.