

South Indian Eggplant Curry Baked

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/thai-eggplant-south-indian-recipe>

Ingredients:

- 2 teaspoons oil
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1/2 teaspoon paprika
- 1 teaspoon Garam Masala or more, or you can use sambar masala or Berbere
- 1/2 teaspoon salt
- 458 grams eggplants eggplant chopped into 1-1 1/2 inches by 1/2 inch size cubes, or use small, chopped into quarters
- 1/2 red onion 55 g, thinly sliced about 3/4 cup
- 2 cloves garlic minced
- 1/2 inch ginger finely chopped or minced
- 1 teaspoon oil
- 1/2 teaspoon mustard seeds
- 1/8 teaspoon fenugreek seeds
- 12 curry leaves fresh or frozen or dried
- 8 ounces tomato puree use unseasoned tomato sauce or purée canned diced tomatoes
- 2 1/2 cups coconut milk
- 1 cup non dairy milk
- 1/4 cup red lentils split, Masoor dal
- 1/4 teaspoon salt
- cilantro optional
- lemon juice optional
- eggplants
- garlic
- onions
- cayenne
- red chili powder
- garam masala
- eggplants

- rubbed
- coriander
- cumin
- black pepper
- mustard seeds
- fenugreek seeds
- curry leaves
- gravy
- tomato puree adds sweetness and acidity to the gravy
- coconut milk
- non-dairy milk
- red lentils
- sauce
- cilantro optional
- lemon juice optional