

SPICED YOGURT WITH EGGPLANTS (BAINGAN KA RAITA)

Serves 3

Ingredients for preparing the Eggplants :

Eggplants (Brinjals) : 1 long, cut into thick rounds and then quartered)
Turmeric: 1/4 tsp
Salt: 1/4 tsp
Curry leaves : about 10
Black mustard seeds : 1/2 tsp
Asofetida (hing) : a pinch
Dry red chillies : 2 (torn in halves)

Ingredients for preparing the Raita :

Natural unsweetened Yogurt (Home made Curd / Dahi) : 1 cup
Low fat Milk (cold or at room temperature) : 1/3 cup
Roasted Cumin powder : 1/2 tsp
Chilli powder : a pinch
Salt : 1/4 tsp (adjust to taste)
Black salt (kala namak) : a pinch (optional)

How I did it:

- Wash the eggplants thoroughly. Add turmeric and 1/4 tsp salt and leave aside for 5 mins.
- In a Kadhai or frying pan, heat 1 tbsp oil. Add hing, mustard seeds and dry red chillies. Wait till mustard seeds pop. Next, add curry leaves. Stir for about 10 seconds and add the Eggplants.
- Cook uncovered on medium-low heat until the skin is roasted and the eggplants are cooked but not mushy or breaking. Once done, take it out in a serving bowl and let it cool (5 - 10 mins).
- In a bowl, whisk the yogurt using an egg whisker or spoon into a creamy smooth consistency. Add the milk. Mix it together.
- Add roasted Cumin powder, Chilli powder, salt (1/4 tsp) as well as Black salt. Mix it into the yogurt.
- Once the fried eggplants have cooled off, pour the yogurt mix into the serving bowl. Combine everything together using a spoon (without mashing the eggplants).
- Let it chill in the refrigerator for at least 20 mins (or more) before serving.
- Enjoy as a side with any meal.