



Eggplant curry with lemongrass & coconut milk

Equipment

Chopping board and knife

Measuring spoons

Food processor

Frying pan

Ingredients

1 large red chilli

2 garlic cloves

knob of fresh ginger

2 lemongrass stalks

2 tbsp ground turmeric

1 tsp chilli powder

2-3 eggplants

1 tbsp olive oil

1 tbsp sugar

1 red onion

1 tbsp fish sauce

400ml coconut milk

400ml water

What to do

Task 1 : Prepare the ingredients

Deseed and chop Chilli, peel and chop garlic and ginger, trim and chop white of the lemongrass.

Peel and finely chop the red onion.

Quarter the eggplants lengthways, then halve them crossways.

Task 2 : Mix and blend

Using a food processor, pulse the chillies, garlic, ginger and lemongrass to a coarse paste. Set aside. Mix the turmeric and chilli powder together and rub it all over the eggplant wedges.

Task 2 : Cook

Heat the olive oil in frying pan, then brown the eggplants, remove from the pan and set aside. Cook the paste, sugar and shallots for a few mins, then return the eggplants to the pan. Add the fish sauce, coconut milk and stock or water, mix well, and bring the liquid to the boil. Reduce the heat and cook gently until the eggplant is tender, but not mushy, about 15 mins.

Season to taste and sprinkle chopped fresh coriander over the top. Serve hot with steamed rice or bread to mop up all the juices.



Source: www.bbcgoodfood.com