



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Curried Potatoes with Eggplant (Aloo Baigan Sabji)



1 half inch piece of Ginger Root
2 minced Green Chilies
1/4 cup Shredded unsweetened coconut
1/2 teaspoon Garam masala
4 tablespoons Ghee
1 teaspoon Black mustard seeds
1/2 tablespoon Whole cumin seeds
1/8 teaspoon Asafoetida
6 medium Potatoes, boiled & cubed

1 teaspoon Turmeric
1 tablespoon Coriander
1 small Eggplant in 1" cubes
1 teaspoon SeaSalt
3 tablespoons Fresh coriander, chopped
1 tablespoon Lemon juice

Combine ginger, green chilies & coconut in blender with 1/3 cup of water till smooth. Add garam masala and pulse for a few seconds. Set aside.

Heat ghee. When hot, add mustard and cumin seeds and fry for a few seconds. Stir in the asafoetida and almost immediately put in the potatoes. Stir fry for 5 minutes. Then pour in the mixture from the blender. Add the turmeric, coriander, eggplant, salt and half the fresh coriander. Mix very gently so as not to break the vegetables.

Reduce heat and fry very gently until the liquid has evaporated. Mix in lemon juice and remaining coriander greens and serve.