

bharleli vangi

preparation time: 20 mins
cooking time: 35 mins
chilli rating: mild

difficulty level: easy
serves: 2 as part of an
indian meal



ingredients

6 baby eggplants
6 tbs vegetable oil
1 tbs ginger paste
1 teaspoon turmeric
1 tbsp chili powder
2½ tbs vegetable [garam masala](#)
1½ cups desiccated coconut
1 tsp salt
½ cup fresh coriander, chopped
2 cups chopped tomatoes
4 tbs water with 1 tbs salt, or
4 tbs vegetable stock
1 teaspoon lemon juice

method

To prepare eggplants: Refer to blog step-by-step process.

To make the sauce and the filling: Heat frying pan, then heat 3 tablespoons of the oil and add ginger paste. Fold until ginger almost caramelised. Reduce heat, add turmeric and fold gently. Add chilli and fold. Fold in garam masala, then add coconut and fold until coconut begins to caramelise. Finally, fold in salt.

Remove half the filling and place in small bowl. Leave remaining filling in the pan to make the sauce, later.

Add coriander to the bowl and set aside. Refer to blog to fill the scooped-out eggplant.

Meanwhile, in a clean frying pan, heat remaining oil until it starts to smoke. Add stuffed eggplants, one at a time, and cook until skin is crisp. Cover pan and slow cook until inside of eggplants are cooked. Remove from heat and set aside.

To prepare sauce: Heat pan with remaining filling and fold in tomatoes. Cook until tomatoes are soft (add any remaining filling to pan). Add water, or stock, and bring to the boil. Reduce heat and cook until sauce has thickened.

Serve eggplants as shown in the [blog!](#)

Ajoy's tips To see a step by step version of this recipe, click on my blog [A recipe fit for a vegan king](#)

This recipe remains the copyright of ajoy joshi & nilgiri's. For more recipes visit our [recipe page](#)