

Brinjal Pickle



*The tastes and aromas
of Indian food by
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Just for you; another recipe with unexpected benefits... an almost obligatory Indian condiment which lingers long after you've finished eating, leaving a mysterious and delicious aromatic after-taste. My family and dinner guests need nothing else to satisfy the senses!

- Saroj



Ingredients

- 2 fresh medium sized eggplants/ aubergine (or baingan as we call it).
- 6 large garlic cloves, 1 cm piece of fresh ginger, 6 green chillies.
- Salt to taste.
- 1/2 cup malt vinegar mixed with 1/2 cup of sugar (to taste); set aside.
- Coarsely ground spices: 1 tbsp each of coriander and caraway seeds (ajwain).
- Powders: 1 tsp Turmeric, 2 tsp Kashmiri Chillie, 1 tsp Cumin, 2 tsp Coriander, 1 ½ tsp Garam Masala 1/2 cup Peanut or Rice bran oil.

Let's Create

1. Cut brinjal lengthways about 1cm thick, apply salt and leave for about 2 hours. Squeeze the brinjal to remove water and pat it dry before cutting into small cubes. Set aside.
2. Coarsely grind the fresh chillies, garlic and ginger and set aside.
3. Add 1/2 cup of oil to a heavy-based wok and fry the brinjal pieces until browned. Remove and set aside.
4. In the same oil, fry the coarsely ground garlic, ginger and green chillies. Add all the seeds until they start crackling.
5. Turn down the heat a little, add the coarsely ground spices and fry until fragrant. Now, add the remaining powdered spices.
6. Now add the brinjal you set aside and mix everything together gently.
7. Now add the sugar and vinegar mixture you set aside to make it saucy.
8. Taste and check for salt and/or sugar.
9. Cool, and store in clean jars... Brinjal Pickle will happily store in the fridge for 2-3 months.