



# Eggplant Sambal

## INGREDIENTS

- 6 garlic cloves
- 5 large red chillies, roughly chopped
- 2 small white onions, roughly chopped
- 1 medium tomato, roughly chopped
- 3 red bird's eye chillies, roughly chopped (optional)
- 3-5 long eggplants, cut into 5 cm pieces
- 2-3 teaspoons sugar
- 2 kaffir lime leaves, finely sliced
- 2 teaspoons salt

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## METHOD

1. Blend or smash garlic, red chillies, onions, tomato and bird's eye chillies until a rough paste is achieved. The sambal should have a coarse texture, it should not be a fine paste.
2. Prepare a pot for deep frying with two cups of oil. Bring the fire up to medium - high.
3. Then fry the eggplant for one to two minutes until they're three-quarters cooked through (cook the eggplant in batches to ensure that it cooks evenly).
4. Remove from the oil, drain and set aside on a paper towel to remove excess oil.
5. Remove most of the oil from the pot, leaving about five tablespoons of oil remaining. Bring the fire to a low - medium heat.
6. Then add the blended sambal ingredients, add the sugar and a little salt and cook on a gentle heat for 10-12 minutes to allow the ingredients to slowly caramelise, stirring throughout to ensure the sambal does not burn.
7. Allow the oil to split and the sambal to gain a jam-like sticky texture.
8. Add the eggplant to the sambal by gently spooning the sambal over the eggplant and ensuring that every piece is well coated.
9. Add two tablespoons of water and combine everything gently (be careful not to overwork the eggplant so it doesn't become mushy).
10. Cook for two minutes on low heat.
11. Plate and top with finely sliced kaffir lime leaves to serve.



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Photo credit: Archana

# Indian Cabbage Stir Fry

## INGREDIENTS

- 6 garlic cloves
- 5 large red chillies, roughly chopped
- 2 small white onions, roughly chopped
- 1 medium tomato, roughly chopped
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- 3-5 long eggplants, cut into 5 cm pieces
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Photo credit: Archana

# Indian Cabbage Stir Fry

## METHOD

1. Chop the carrot and cabbage and keep aside.
2. In a wide pan, heat the oil and add all the seasonings (mustard seeds, urad dhal, red chilies, green chilies, curry leaves, and ginger). Let them fry for a minute.
3. Now add the carrot and cabbage and mix well. Cover the pan and let the vegetables cook on medium heat for about 10-15 mins. Stir few times in between to prevent the vegetables from sticking to the pan. Add some water if needed.
4. Once the vegetables are cooked, add the salt and mix well. Let it cook in the open pan for 2-3 more minutes. Make sure all the water has evaporated and the curry is dry in appearance. At this stage add the grated coconut and mix well. Also, add the sugar now if using. Let it all combine and come together.
5. Take it off the flame and serve.

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