



# Riverland Family Farms

## 2022 CSA, Week 6



- Italian Basil *bunch*
- Celery *bunch*
- Rainbow Chard *head*
- Eggplant *each*
- Red Bell Pepper *each*

### WHAT'S IN THE BOX?

- Strawberry *pint*
- Salad Mix  $\frac{1}{2}$  *lb*
- Red Spring Onion *bunch*
- Red Slicing Tomatoes *1 lb*



## South Indian Brinjal (Eggplant) Curry

### Serves 4 to 6

- ◇ 2 tbsp vegetable oil
- ◇ 1.2 lb eggplant (2 medium)
- ◇  $\frac{1}{2}$  tsp each salt & pepper

### For Curry:

- ◇ 3 tbsp vegetable oil
- ◇  $\frac{3}{4}$  tsp black mustard seeds
- ◇ 14 curry leaves
- ◇ 1 red onion
- ◇ 3 tbsp tomato pulp or canned tomato
- ◇ 1 tbsp garlic, grated
- ◇ 1 tbsp ginger, grated
- ◇ 1  $\frac{1}{4}$  cups water
- ◇  $\frac{3}{4}$  tsp salt
- ◇ 3 tbsp coconut milk

### Curry Spices

- ◇  $\frac{1}{4}$  tsp cardamom powder
- ◇  $\frac{1}{4}$  tsp ground clove
- ◇  $\frac{1}{4}$  tsp black pepper
- ◇  $\frac{1}{2}$  tsp chilli powder
- ◇ 4 tsp coriander powder
- ◇ 4 tsp cumin powder

### Serving

- ◇ Basmati rice
- ◇ Yogurt
- ◇ Coriander/ cilantro leaves
- ◇ Flatbread or naan



Source: [www.recipepetineats.com](http://www.recipepetineats.com)

### Roasted Eggplant

Preheat oven to 450 G. Line tray with parchment/ baking paper.

Cut eggplant into 4-5" slices. Place in a large bowl, toss with oil, salt and pepper.

Spread on tray, roast 20 minutes. Turn and roast for further 10 min. – edge should be caramelized, soft inside, but shouldn't be shriveled up and dismal.

### Curry

Heat oil in a large pot over medium heat. Add mustard seeds, let them sizzle for 15 seconds.

Add curry leaves, stir, leave to sizzle for 15 seconds – seeds might pop. Add onions, cook 5 minutes until golden brown. Add tomato, cook for 1 minute, stirring. Add garlic and ginger, cook 2 minutes.

Add curry spices and salt, and cook for another 3 minutes – it will be a thick paste and might stick to the bottom of the pot, don't let it burn. If it starts to burn, remove from stove and add a splash of water to loosen.

Stir in water, and then add the eggplant. Gently stir, partially cover, reduce heat to low and simmer 30 minutes. Stir carefully once or twice (so the eggplant don't break up completely), add more water if it dries out.

Stir in coconut milk, taste and add salt if needed. End result should be a very thick, juicy, strong flavored curry with eggplant partially intact but half collapsed.

Serve with basmati rice and a dollop of yogurt and fresh coriander leaves.