KitchenBooQ

Aloo Baingan (Potato and Eggplant Curry)

Serves: 4 | Cooking Time 55 minutes | Level: Easy



INGREDIENTS

1 tbsp vegetable oil or ghee
1 tsp cumin seeds
1 tsp mustard seeds
1 large onion, finely chopped
3 cloves garlic, minced
1 tbsp fresh ginger, grated
2 medium tomatoes, puréed or finely chopped
1/2 tsp turmeric powder
1 tsp Kashmiri red chili powder (or regular paprika)
1 tsp coriander powder
1/2 tsp garam masala
Salt to taste
1/4 cup water, as needed
2 medium eggplants (about 1 lb / 450 g), cut into 1-inch cubes
2 large potatoes (about 1 lb / 450 g), peeled and cut into 1-inch cubes
1/4 cup fresh cilantro, chopped

Notes
Modern eggplant varieties are typically less bitter, so salting them beforehand is optional. If you prefer a smoother gravy, blend the cooked curry briefly before garnishing. This dish contains no meat, fish, eggs, or dairy, but like all cooked foods, it must be cooled and stored in the fridge within 2 hours of cooking. Never leave leftovers at room temperature; refrigerate for up to 3 days or freeze for up to 1 month.

PREPARATION

1. Heat the oil in a large heavy-bottomed pan or Dutch oven over medium heat. Add cumin and mustard seeds; cook until they begin to sputter, about 30 seconds.

2. Add the finely chopped onion and sauté until golden brown, about 5-7 minutes. Stir in the minced garlic and grated ginger, cooking for another minute until fragrant.

3. Add the puréed tomatoes, turmeric powder, red chili powder, coriander powder, and salt. Cook while stirring frequently until the oil begins to separate from the masala mixture, about 8-10 minutes.

4. Add the cubed potatoes first since they take longer to soften. Stir well to coat them evenly in the spices. Cover the pan and cook on medium-low heat for 10 minutes, stirring occasionally.

5. Add the cubed eggplant to the pan. If the mixture looks too dry or is sticking, add a splash of water. Cover and continue cooking until both potatoes and eggplant are tender when pierced with a fork, about 12-15 more minutes.

6. Sprinkle garam masala over the curry and fold it in gently. Cook uncovered for another 2 minutes to let the spices bloom and flavors meld.

7. Remove from heat, garnish generously with fresh cilantro, and serve hot alongside steamed basmati rice or warm Indian flatbreads.