

Vangaya Kooru



Ingredients:

- Brinjals – 800gms
- Green Chilies – 12
- Ginger – 1" Piece
- Coriander For Garnishing
- Turmeric Powder – 1/2tsp
- Salt To Taste
- Bengal Gram – 2tsps
- Black Gram – 2tsps
- Mustard Seeds – 1 1/2tsps
- Cumin Seeds – 1tsp
- Oil – 8tsps
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Method

- Wash and clean brinjals. Take a flat dish and put water into it. Add some salt to this water. Cut these brinjals into finger sized pieces and dip them in salt water as soon as you cut them. Cut brinjals (some varieties) tend to become bitter when exposed to air, so we dip them in salt water immediately after cutting. Thus the white color of inner portion of the brinjals doesn't change color to black when dipped in salt water. The undipped pieces tend to change color and become bitter, spoiling the taste of the curry.
- Wash & clean ginger, green chilies and grind them to a coarse paste. Wash and clean the coriander and chop it finely.
- Heat a pan and add oil to it. When oil is hot add the Bengal gram, black gram and fry. Fry until the seeds change color to light brown. Then add mustard seeds and cumin seeds. Fry till the seeds splutter. Now add the ginger chili paste and fry well in oil to minimize the hotness of chilies. Those of you, who want the curry to be a bit hot, may fry the paste a bit less. Add turmeric powder and mix well. Now add the brinjals pieces and mix well. (If you wish you can cook the brinjal pieces in a microwave and add to the seasoning. If you are cooking the brinjals pieces in a microwave oven, first microwave on high power for 5 minutes then stir once and microwave on medium power for 7 minutes. Give standing time 5 minutes before adding these pieces to the seasoning). Add salt and mix well. Cover the pan and cook till the brinjal pieces are cooked well. When you add salt, water oozes out. With that water the vegetable gets cooked. So it is necessary to cover the vessel to cook the vegetable. Once the brinjals are cooked remove the lid and cook for 2 to 3 minutes till the curry is fried well. Add half of the chopped coriander and mix well.
- Transfer this curry to a serving bowl and garnish with the remaining coriander. Serve hot with plain rice.