

Eggplant supreme

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Dry spices

2 Tbsp sesame seeds, lightly roasted and ground (see note [below](#))

1.5 Tbsp ground coriander

1 Tbsp cuminseeds, lightly roasted and ground

½ Tsp chili flakes

1 Tsp turmeric

½ Tsp salt

Wet spices and herbs

1 Tbsp [ginger and garlic paste](#)

3 Tbsp minced onion

A handful of chopped fresh cilantro (optional)

Eggplant etc.

1 Large eggplant (about 1 lb)

1 Tbsp salt



2 Quarts water (to dunk the cut eggplant)

1 Large onion

1 Tsp turmeric

¼ Tsp salt

¼ to ½ Cup olive oil

Have all the dry spices ready. Roast sesame seeds lightly on a skillet and grind them coarsely in a pestle and mortar. Note: sesame seeds plug up electric grinders!

Grind the wet spices and herbs together in a pestle and mortar. Gently blend in the dry spices. You now have the spice and herb mixture for this dish.

In a large bowl, combine water and salt. Chop eggplant into French fry like pieces as shown in the picture. Immediately after chopping, put the pieces into salt water. Then drain the water and place the eggplant on a tea towel. Chop onion into slices.



Heat a third of the olive oil in a deep pan. Gently sauté the onion slices. When the onions turn slightly brown, remove them from the pan and set aside. In the same pan, add a third of the olive oil and heat gently. Add the spice mixture. Sauté the spice mixture gently for a few minutes. Remove the spice mixture and set aside.

Now add the rest of the olive oil (you might need more olive oil for this step!). When the oil is hot, add chopped eggplant, $\frac{1}{4}$ tsp of salt, and a tsp turmeric. Sauté for a few minutes until the slices are well covered in oil. Add the browned spice mixture and onions. Stir gently to coat eggplant slices well with the spice mixture and onions. Cover and cook under low heat for a few minutes until eggplant is done.



Serve hot with rice, roti, daal, etc.



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