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STUFFED BABY EGGPLANT (BRINGEL) WITH POTATO

Ingredients:

12 baby eggplants, 4 baby potatoes, 2 baby onions, 2 medium tomatoes, and 1 large cup of water.

For stuffing, use $\frac{2}{3}$ cup (70 g) chickpea flour and 3 tablespoons of jaggery.

Add salt, coriander powder, hing (a pinch), turmeric, and green paper to taste.

Chilly garlic and ginger paste.



For tomato purée.

Blanch the tomatoes, remove the peels, and combine with half of the lemon juice in a mixer jar.

Method:

Roast chickpea flour turns light brown. Mix all of the stuffing ingredients thoroughly.

Keep the stem intact for the young eggplant, and cut it into four pieces from the other side. Like potatoes and onions, keep one side intact while dividing the other into four sections.

Fill the stuffing with all the sliced vegetables.

Now, get a pan or pressure cooker. Roast cumin seeds first, then add potatoes and a little water. Cook for 5-7 minutes or until the pressure cooker whistles once.

Now, add the eggplant and onions, along with some more water.

Continue boiling until all vegetables are tender, or one whistle in the pressure cooker.

Now, add the tomato puree and blend slowly. Be careful when combining; the veggies should not break.

Serve with rice, bread, or Indian rotis.

MUSHROOM BLACKGRAM CURRY

Ingredients:

½ cup black grams
8-9 mushrooms
2 tomatoes
1 small onion
1 chilli
2 cloves of garlic
ginger
Coriander
Lemon juice
mustard, cumin, salt, turmeric
powder
(according to taste)



Method:

Tomato purree-

Blanch tomatoes or half whistle in pressure cooker

Remove skin and put in a mixing jar, Add lemon juice, salt, coriander powder, turmeric powder, chili and ginger. Make purree.

Black grams

In a pan or pressure cooker, boil black grams until it is very soft.

Now, in a pan, add mustard and cumin. Then, add onion slices and chopped garlic. When it turns brown, add sliced mushrooms. Wait 2-3 minutes and then add the black grams that had been boiled. Keep going for another minute. Turn off the heat and add the tomato purée. After mixing well, put the lid back on and wait 5-6 minutes.

Serve with Indian roti or rice or bread.

BOTTLE GOURD AND BARNYARD MILLET RICE

Ingredients:

- 2/3 cup barnyard millet (about 100g)
- 1 bottle gourd
- 1 medium potato
- 1/2 cup boiled or roasted peanuts
- 1/4 cup shredded fresh coconut or coconut powder
- 1/4 cup water (60ml)
- 2 medium chilies
- 1 small piece of ginger
- Salt, cumin seeds, black pepper, fennel seeds, sesame seeds, and curry leaves to taste



Method:

1. Soak the barnyard millet for three to four hours and rinse off the water.
2. In a pan, add cumin seeds, fennel seeds, black pepper, sesame seeds, and curry leaves. Roast them well.
3. Add very thin and small pieces of potato.
4. Then add the soaked barnyard millet. Mix well and then add shredded bottle gourd, and salt, and mix properly. Now add water, cover the lid, and let it cook for 10 minutes on a low flame, stirring occasionally.
5. Check if the barnyard millet is cooked properly. Once done, off the flame. Add chili-ginger paste, crushed peanuts, and shredded coconut. Mix well and cover the lid for 5-6 minutes to allow the flavors to blend.

Serve with curd or soup.

PIGEON PEAS CURRY

Ingredients:

- 1/2 cup of pigeon peas (approximately 60 grams)
- 2 medium tomatoes
- 2 tablespoons of peanuts
- 1 tablespoon of jaggery
- Juice of a small lemon
- 2 cloves
- 1 small piece of cinnamon
- 1 star anise
- 1 chili
- 1 small piece of ginger
- Coriander leaves
- Mustard seeds, cumin seeds, curry leaves, turmeric powder, and salt to taste



Method:

1. Begin by making tomato puree. Blanch the tomatoes, remove the skin, and put them in a blender. Then add the chili, ginger, lemon juice, and jaggery. Grind well and set aside.
2. In a pan, roast the cloves, cinnamon, star anise, mustard seeds, cumin seeds, peanuts, and curry leaves.
3. Add the pigeon peas, salt, turmeric powder, and water. Boil the mixture in a pan or pressure cooker until the pigeon peas become soft.
4. Turn off the heat and add the tomato puree. Stir well, cover with a lid, and let it sit for 5-6 minutes to allow the flavors to blend.
5. Finally, add coriander leaves and serve the curry with rice.

RED BEANS CURRY (ADZUKI BEANS)

Ingredients :

1 cup Red beans
4 big tomatoes
1 lemon
2-Chillies
1 small piece Ginger, 3-4 cloves
garlic, and 1 medium size onion
Cumin seeds, coriander powder,
turmeric powder, and salt (as per
taste)
2-tablespoons of coconut butter



Mathod:

Blanch the tomatoes. Peel it and blend it with chillies, ginger, garlic, salt, coriander powder, and turmeric powder to make tomato puree. Boil red beans in a pan or pressure cooker. In a pan, sauté cumin seeds and thinly sliced onion until golden brown. Mix the boiled red beans in. Turn off stove and add tomato puree and lemon juice. Mix well and cover. Keep for 6-7 minutes to blend flavors. Decorate with coconut butter and coriander.

Serve with bread, roti, or rice.

MASHED EGGPLANT-GREEN PEAS CURRY (INDIAN BENGAL BHARTA)

Ingredients :

- 2 Egg plant mediums (about 500 g)
- 150 g green peas
- 5–6 medium-sized potatoes
- 3 little onions
- 5 to 6 cloves of garlic
- 2 large chilies
- 1 little piece of ginger



Mustard seeds, cumin seeds, salt (to taste), turmeric powder, and black paper powder.

Water

Method:

Blanch all the tomatoes, take off the skin, and put them in a blender. Add salt, black pepper, turmeric powder, and chilies, and make tomato puree.

Now take a pan, add a little water, and boil the green peas and eggplant pieces. Leave a side to cool and then mash it right after it is done boiling. Take a pan and splutter mustard seeds and cumin seeds add very chopped garlic and onions, and add some water to mix all the flavors. When it boils and water evaporates, add the mashed green peas and eggplant. Add tomato puree, mix well, and cover for 6-7 minutes to mix all the ingredients well.

Serve with indian roti (especially Indian pearl millet roti) or bread