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My Iranian Eggplant & No-Beef Style Stew – Koresh Bademjan

I created a Middle Eastern Style Stew but with different spices. We devoured it in one sitting and loved it – it is inspired by my love for all things Middle Eastern, the stews I had at family sittings as a child, and my insatiable love for curry spices and East Indian food. It's fast to make, and you'll love this. It has a little trick to make

the vegan meat meatier, and it worked well.

Serve on hot rice. I used short grain brown for us, boiled it and then fried it in a little olive oil, vegan butter, and some turmeric. I wanted to crunch it up a little, and it created a fabulous dynamic of flavours and textures.

INGREDIENTS

1 cup soya chunks – I used the dried/dehydrated fillets

1/8 cup (30ml) extra virgin olive oil

1 large white onion, finely chopped

6 cloves garlic, finely chopped

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Share 1 tsp coriander seeds

tsp curry powder

cinnamon stick (remove after cooking if you wish)

alt to taste

tsp muscovado sugar, or maple syrup, or other sweetener

1 very large eggplant/aubergine, peeled and cut into 1 inch squares

$\frac{3}{4}$ cup (180ml) water

3 large Tbsp tomato paste

$\frac{1}{8}$ cup (30ml) dry white wine (for the soy chunks/fillets)

$\frac{1}{4}$ tsp asafoteida (optional)

$\frac{1}{2}$ tsp cardamom seeds, crushed – or the ground type will do

$\frac{1}{2}$ tsp ground turmeric

¼ tsp Isot peppers – use chillies if you can't find this

fresh chopped coriander to garnish

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Shares **0** squeeze from ½ lime

½ cups petit pois (garden peas)

sea salt to taste

le zest of ½ lime



METHOD

1. If using the dehydrated soya chunks, then whilst they are dry, break them down into pieces with the back of a bottle and a clean tea towel on top of them, break them down to around one inch pieces –

remember when they cook they will grow.

2. Now place the pieces in a bowl, cover with hot water for 15 minutes or so, then squeeze out all the water and set them aside for cooking with shortly.

3. Next, fry your onions, and when transparent add the garlic and the spices. Now add the soya pieces/chunks, and let them pick up the spices for around 2-3 minutes, then pour in the wine, and allow them to cook for a further minute or so as you stir.

4. Stir in the aubergine/eggplant, and continue to do so on and off for the next few minutes, until they start to soften. You can add the tomato paste now, as well as the sugar, and a little more oil if needed, as the eggplant drinks much of it up, and stir the peas in too.

5. Now add your water, lime juice, and any other remaining ingredient, and allow to simmer for half an hour or so. You should be left with a thick stew and an amazing aroma.

6. Serve on hot rice (as outlined above). Bon Appetit !



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OF THIS PAGE TO LEAVE YOUR COMMENT ON THIS RECIPE. THANK YOU.



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offee Cream Curry with
ose Basmati Rice &
aked Sweet Bombay
otatoes

Mousse au Chocolat with
Air Bubbles ! (Chocolate
Mousse)



8 COMMENTS



Bruce Righter

February 4, 2015 at 1:46 pm

Do you use store-bought curry powder? Some brands in the US seem to be just turmeric labeled as "curry".

I sometimes mix my own with 3 different spices, and it seems tastier.



Miriam

February 10, 2015 at 12:44 pm

Bruce Hi there. I get mine from my local Asian store, if you could do the same or find something online you'll probably end up with a much better curry powder (I use it a great

deal in so many recipes). Let me know how it goes as and when ! Cheers your way in the meantime ! 😊



Sarlizelle

February 13, 2015 at 12:04 pm

I cooked this up the other night and it was scrummy!! I fancy adding some spinach to it the next time, it will be even more divine 😊



Miriam

February 17, 2015 at 7:40 pm

So glad you enjoyed it Sarah – spinach should go well with it, or you can have the spinach in a side plate with lemon and olive oil !



Helen

February 28, 2015 at 9:53 pm

Made this today using tofu instead of the soya chunks. It smells and tastes amazing!
Thanks Miriam!



Miriam

March 4, 2015 at 3:24 pm

That really is awesome news Helen and hope you enjoy many more recipes from my blog !
😊



Catherine Doktorskaya

May 19, 2015 at 8:28 pm

Hi!

I do not know ahead of time for a visit to your site.

Nice to see vkusnyee recipes.

A detailed description.

Thank you

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Miriam

May 23, 2015 at 7:27 pm

You're welcome there Catherine. 😊