

BAGARA BAINGAN

No. of Pax. – 04

Ingredients	Qty.	Protein	Fat	Carbohydrate
Brinjal	600 gms.	8.4	1.8	24
Onion	250 gms.	3	0.25	27.75
Green Chilly	20 gms.	0.58	0.12	0.6
Ginger	25 gms.	0.575	0.225	3.075
Garlic	15 gms.	0.945	0.015	4.47
Coconut	100 gms.	4.5	42.6	13
Curry Leaves	5 gms.	N/A	N/A	N/A
Poppy Seeds	20 gms.	4.34	3.86	7.36
Peanut	25 gms.	6.325	10.025	6.525
Chiranjee	15 gms.	0.45	8.865	1.815
Charmagaj	15 gms.	5.115	7.89	0.675
Coriander Powder	10 gms.	1.41	1.61	2.16
Red Chilly Whole	4 – 5 nos.	N/A	N/A	N/A
Tamarind	20 gms.	0.62	0.02	13.48
Turmeric Powder	10 gms.	0.63	0.51	6.94
Jaggery	15 gms.	0.06	0.015	14.25
Asafoetida	.2 gms.	N/A	N/A	N/A
Black Mustard Seeds	5 gms.	N/A	N/A	N/A
Refined Oil (To fry)	200 ml.	Nil	60	Nil
Salt	As Reqd.	N/A	N/A	N/A
Total		36.95	137.805	126.1

Total Nutritive Value - **300.855gms.**
Total Calorific Value - **1892.445kcal.**

PROCEDURE

1. Cut brinjals lengthwise into quarter, soak them into cold water, drain, apply salt and deep fry them till golden brown. Broil peanut and half ground the peanut and store.
2. Boil onion and green chilly and make a smooth paste. Prepare ginger garlic paste. Prepare all nut paste separately and grate coconut and take out the milk.
3. In a pan first add g/g paste and cook till the raw flavour goes off, add boiled onion paste and keep on cooking till the raw flavour goes off.
4. Add powdered spices and cook. Add the paste of all nuts without grounded peanut.
5. Add coconut milk and cook well.
6. Add salt, tamarind juice and jaggery to get a good taste.
7. In the plate arrange fried brinjals and cover with the gravy and sprinkle grounded peanut and grated coconut.
8. In a separate pan prepare a tempering with red chilly whole, black mustard seeds, curry leaves and asafoetida and sprinkle on top of the gravy and serve hot.

Texture - Well cooked semi thick gravy with no excess water coming out.

Colour - Whitish.

