

CURRIED BRINJAL



By Food lovers recipes

CURRIED BRINJAL

1 – 2 medium large brinjals – unpeeled, 5 mm thick slices (I'd prefer 2cm cubes next time)

2 onions – sliced

1 x 410 g can tomato and onion mix

5 – 10 ml honey

15 – 30 ml chutney

15 ml curry paste

2 – 3 garlic cloves – chopped

Sauce

250 ml oil + 125 ml butter

soy sauce to taste

dash Tabasco

pepper

juice of 1 lemon

seasonal herbs to taste

Make sauce heat oil + butter, add rest of sauce ingredients. The sauce should taste strongly of soy but should also be distinctly lemony.

Braise brinjal slices/cubes 1 layer at a time in the sauce until cooked through. Layer the brinjal in preheated casserole dish once cooked.

Braise the onion in the sauce, once cooked, add tomato + onion can, honey, chutney, curry paste and garlic. Taste and correct. If too sweet, add a little tomato paste and if too tart some more honey. Pour sauce into casserole dish and simmer on the hob for about 30 minutes.

PHOTO: Petro Borchard