

Vazhuthananga Chor - Eggplant Rice

Kerala eggplants are small, deep-purple vegetables. They can be bitter to taste, so they are cubed, salted, and kept aside to leach out the bitter juices. In EGGPLANT RICE, the purple eggplant pieces contrast with the white basmati rice to make a colorful dish. EGGPLANT RICE works well as a main course, accompanied with side dishes of fish or chicken curry or yogurt-based vegetable dishes. It also works well as a rice salad to accompany grilled food.

Ingredients (To serve 4)

- Basmati rice - 1 cup
- Large eggplant - 1 or 3 small
- Garlic cloves - 2
- Ginger - 1-inch / 2.5-cm piece
- Small green chilies - 2
- Ripe medium tomatoes - 4
- Coriander leaves - 4 tbsp
- Olive oil - 3 tbsp
- Salt - ½ tsp
- Pepper - 1 tsp

| Nutrition Information (per serving) | | | %DV |
|--|--------|--|------|
| Calories | 319 | | 16 % |
| Carbohydrates | 50 gm | | 17 % |
| Protein | 6 gm | | 12 % |
| Fat | 11 gm | | 17 % |
| Cholesterol | 0 mg | | 0 % |
| Sodium | 349 mg | | 15 % |
| Fiber | 5 gm | | 20 % |
| Calcium | 37 mg | | 4 % |
| Iron | 3 mg | | 17 % |

Utensils

- Colander
- Medium-heavy pan with lid
- Medium wok
- Large rectangular (about 9" X 12") oven-safe dish

Preparation/Pre-Cooking (20 minutes)

1. Wash the rice in the colander.
2. Bring 2 cups of water to boil in the heavy pan.
3. Add the rice to the boiling water. Stir. Lower the heat to medium, cover the pan, and cook for 10-12 minutes. Pour the cooked rice immediately into the colander to ensure the rice grains stay crisp and separate.
4. Wash and cube the eggplant. Sprinkle the salt on the pieces and keep aside for 15 minutes.
5. Peel and mince the garlic and ginger.
6. Trim the stems off and slit the green chilies lengthwise into thin strips.
7. Chop the tomatoes into small chunks.
8. Wash and chop the coriander leaves coarsely.

Cooking (30 minutes)

1. Heat the oil in the wok over high heat.
2. Add the eggplant to the hot oil and sauté until the eggplant pieces are brown all over.
3. Add the garlic, ginger, and green chilies and stir-fry for a minute.
4. Add the tomatoes and mix with the eggplant. Cook for a minute.
5. Lower the heat to medium. Continue to cook for about five minutes, stirring occasionally to prevent the eggplant from sticking to the wok.
6. Add the coriander leaves.
7. Season with pepper.
8. In the large rectangular dish, make alternate layers of rice and eggplant, starting and ending with the

rice. Bake at 375°F / 190°C for about 15 minutes.

Serve: Warm.

Pre-Cooking Option: Make the eggplant sauce the night before, and assemble just before baking and serving.

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