



## Roasted Eggplant Bharta

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 1 medium eggplant
- 4 tablespoons O&V [Roasted Garlic Oil](#) \*
- 1 large red onion, chopped
- 2 tablespoons garlic paste
- 1 tablespoon ginger paste
- 1 can (14 oz) diced tomatoes
- ½ teaspoon turmeric
- 1 teaspoon O&V [Smoked Paprika](#) \*
- ½ teaspoon chili powder (more to taste)
- ½ teaspoon salt (more to taste)
- 1 teaspoon cumin powder
- 1 fresh green chili (Thai chili), chopped
- 1 teaspoon garam masala
- Fresh chopped cilantro to garnish
- Lemon wedges to serve

## Preparation

Preheat the oven on High Broil. Place your oven rack on the top shelf to ensure the eggplants will be as close as possible to the heat source.

Using a fork or sharp end of a knife, poke multiple holes in the eggplant to prevent it from bursting in the oven. Line a baking sheet with foil, and place the eggplants on the baking sheet and then in the oven.

Roast for about 30 minutes (turning in 15 minutes) until fully cooked. Skin may be blackened and the eggplants may burst open a little. Remove from the oven and allow to cool until you can work with it. Peel the blackened skin, remove the stem and place the flesh in a food processor. Use the pulse function to coarsely mash the flesh.

Separately, in a skillet, heat the roasted garlic oil, then add the chopped onion and sauté for 5-8 minutes until slightly browned.

Add the garlic and ginger paste and continue to sauté for another minute or two.

Add the tomatoes with their juices and cook for an additional 5-7 minutes until the oil starts to separate around the sides. Combine the turmeric, chili, paprika, cumin and salt in a small bowl and add a tablespoon or two of water (this prevents the dry spices from burning). Mix and then add to the skillet with the tomatoes. Cook for 3-5 minutes.

Add the mashed eggplant and the chopped green (Thai chili) and cook, stirring often until it becomes pureed and mushy and the oil starts to separate from the eggplant (about 8-12 minutes). Taste, add salt, more oil or more paprika (for color).

Take off the heat and stir in the chopped cilantro and garam masala. Serve with naan, some raita, and a wedge of lemon.

Serves 4

Active time 15 minutes Total Time: 50 minutes

## Notes

\* The [Roasted garlic oil](#) adds a nice additional layer of garlicky flavor and the [Smoked Paprika](#) adds depth and color to the dish. You can use an [Unflavored EVOO](#) and add more garlic paste and another high-quality paprika.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Indian Flavors, Easy Indian, Curry in a Hurry, Eggplant Curry, Baingan Bharta, Smoked Eggplant Curry, Aubergine Curry, Indian Style Baba Ganoush