

SPICY FRIED AUBERGINES

Source: the Times Sept 2015
Serves 4



- Chickpea flour, sieved – 175g
- Medium red chilli powder – 1 ½ tsp
- Salt – 3 tsp
- Turmeric – 1 tsp
- Cumin seeds – 1 tsp
- Asafoetida ¼ tsp
- Ground coriander – 2 tsp
- Sunflower oil 100ml
- Large aubergines - 2 washed, sliced in 1cm wide discs, and soaked in water with 1tsp salt
- Sour cream
- Coriander, washed and finely chopped – 1 handful

1. Put the flour, chilli powder, salt, turmeric, cumin seeds, asafoetida, ground coriander and ground cumin into a large mixing bowl and, making sure your hands are dry, mix together by hand.

2. Heat the oil for 1 min in a large, thick - based frying pan. Take a slice of aubergine out of the water, shake off any excess and then dab each side in the spiced flour. Place in the pan and repeat until the pan is full. This should take about 3 min and you should have coated around half the slices.

3. Fry the coated aubergine slices on a medium heat for a minute, then gently turn each one and fry for 5 min. Turn once more, cover and cook for 4 min. Gently remove from the pan and place on a serving plate.

4. Repeat the process with the remaining slices. By now the spiced flour will be getting quite sticky, so just smear it on to the aubergines if dabbing is not feasible.

5. Once all the slices have been coked, serve immediately with a dollop of sour cream and a sprinkling of coriander.