

## Baingan Bharta (Indian Mashed Eggplant)

<http://userealbutter.com/2015/04/09/baingan-bharta-indian-mashed-eggplant-recipe/>  
from [The New York Times](#)

2 lbs. whole eggplant  
2 tbsps lime juice, fresh  
2-3 tbsps vegetable oil  
1 medium onion, medium dice  
3 cloves garlic, minced  
1 green chili pepper (I used jalapeño), thinly sliced (remove seeds for less heat)  
1 lb. fresh tomatoes, medium dice  
1/2 tsp turmeric  
1 tsp kosher salt  
1/2 cup cilantro, chopped  
2 tsps garam masala

Prick the eggplant(s) in several places with a knife. If grilling, set your grill on very high heat and place the eggplant(s) on the grill. As the skin blackens on the bottom, turn the eggplant(s) to get an even char all around. Remove the eggplant(s) from the grill when the skin is charred and the eggplant begins to collapse (this took me 30 minutes, but it was a windy day). If using the oven, set the oven on the highest possible setting. Place the eggplant in a cast iron pan and broil or roast until the eggplant collapses (about 20 minutes). Let the eggplant(s) cool on a plate until you can handle it without burning your fingers. Peel the skin and stem away from the eggplant and place the flesh in a medium bowl. Add the lime juice to the eggplant and mash or chop them together.

Place the vegetable oil in a skillet or sauté pan over medium high heat. When the oil is hot, add the onions and cook, stirring until translucent and golden – about 10 minutes. Stir in the garlic and green chili and sauté for a minute. Add the tomatoes, turmeric, and salt. Stir and simmer for 5 minutes until the tomatoes soften. Stir in the eggplant and cook for 3-5 minutes, stirring occasionally. Finally, mix in the cilantro and garam masala. Remove from heat and serve with warm chapati or over rice. Serves 4.