

Bouranee Baunjan (Eggplant with Yogurt Sauce)



INGREDIENTS

1. 4 medium eggplants
2. Salt
3. Oil for frying
4. 2 medium onions, sliced
5. 1 green pepper, seeded and sliced
6. 2 large ripe tomatoes, peeled
7. 1/4 teaspoon hot chili pepper
8. 1/4 cup water
9. 2 cups drained yogurt
10. 2 garlic cloves
11. Salt, to taste

Method:

1. Cut the stems from the eggplants but leave on peel. Slice into 1/3-inch pieces. Spread on a tray and sprinkle slices liberally with salt. Leave for 30 minutes, and then dry well with paper towels. Pour enough oil into skillet to cover base well.
2. Fry eggplant until lightly browned on each side. Do not cook completely. Lift onto a plate. Add oil to pan as required for remaining slices. As oil drains from eggplant, return it to the pan and add onions. Gently fry onions until translucent.
3. Remove to a separate plate. Place a layer of eggplant back into the pan. Top with some sliced onions, green pepper rings, and tomato slices. Repeat using remaining ingredients and adding a little salt and chili powder between layers. Pour in any remaining oil from the eggplant. Add onion and water. Cover and simmer gently for 10 to 15 minutes.

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4. Mix yogurt, garlic, and salt into a sauce. Spread half the sauce into base of serving dish. Top with vegetables, lifting eggplant gently to keep slices intact. Leave some juice in the pan.
5. Top vegetables with the rest of the *chakah* (yogurt sauce) and drizzle the remaining juices over it. Serve with flat bread.

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