DietCloud – Recipe

Recipe Name: Begun Basanti Recipe - Eggplant In Mustard Yogurt Curry

Diet Type:

Course: Side Dish

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 Brinjal (Baingan / Eggplant) - cut into long wedges	4
• 2 teaspoon Poppy seeds	
• 2 teaspoon Yellow mustard seeds	
• 1/4 cup Curd (Dahi / Yogurt)	
• 1 Green Chilli - slit	
• 1 inch Ginger - chopped	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Red Chilli powder	
• 1 pinch Sugar	
• Salt - to taste	
• Mustard oil - for cooking	

Preparation

• To begin making the Begun Basanti Recipe, firstly chop the eggplant and marinate them with a teaspoon of turmeric powder and keep it aside.
• Grind the poppy seeds and mustard seeds in a grinder to a smooth powder and keep it aside.
• Heat a kadai with mustard oil, Add eggplant and roast them well till they soften.
• You can sprinkle little water and salt and cover it and cook.
• This will help in cooking faster.
• Take the brinjal out, add little more oil and add chopped ginger.
• Saute until it softens.

• Add poppy seed, mustard seed powder and mix well.
• Add the remaining turmeric powder, red chili powder and cumin powder.
• Cook until the spices have well combined.

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- Add curd and sprinkle and mix well.
- Cook until the gravy thickens a bit and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)