

Recipe Name: Vegan Baingan Makhani Recipe (Eggplant In Rich Coconut Gravy)

Diet Type:

Course: Dinner

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 400 grams Brinjal (Baingan / Eggplant) - long purple ones	4
• 4 Tomatoes - blanched	
• 5 cloves Garlic - finely chopped	
• 1 inch Ginger - grated	
• 2 Green Chillies - finely chopped	
• 2 teaspoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 2 teaspoon Garam masala powder	
• 1/2 teaspoon Cardamom Powder (Elaichi)	
• 1 teaspoon Fennel Powder	
• 3 tablespoons Coconut cream	
• 2 teaspoons Kasuri Methi (Dried Fenugreek Leaves) - crushed	
• 2 sprig Coriander (Dhania) Leaves - for garnish	
• 1 Onion - sliced for garnish	
• 1 Bay leaf (tej patta)	
• 2 tablespoons Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making Baingan Makhani Recipe (Vegan), wash and cut the eggplants into cubes and keep it immersed in water until you cook, to avoid oxidation.
- Blanch the tomatoes in enough water for 10 minutes and then remove the skin, make a smooth puree using a mixer grinder and keep aside.
- Heat oil in a pan, add the drained eggplants and saute until they cook to 3/4th and turn golden.
- Keep them aside.



- In the same pan, add the bay leaf, chopped garlic and saute till golden.
- Add the grated ginger, green chillies and tomato puree and saute for a minute.
- Add the coriander, red chilli, garam masala powder and saute till the oil separates on the sides.
- Add the cardamom, fennel powder and salt and simmer for a few more minutes.
- Add a cup of water if it gets too thick and simmer for 10 minutes.
- Now, add in the sauteed eggplants and simmer until they are cooked through.
- Switch off the flame, add the kasuri methi, coconut cream and mix well.
- Garnish with sliced onions, coriander leaves and serve hot.

Macronutrients

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