

Recipe Name: Nellor Kathirikai - Nellor Brinjal Fry Recipe
Diet Type:
Course: Main Course
Cuisine: Andhra
Quantity:



Ingredients

Ingredient	Quantity
• 1 tablespoon Sesame (Gingelly) Oil	4
• 1/2 teaspoon Mustard seeds	
• 2 sprig Curry leaves - torn	
• 10 Small Brinjal (Baingan / Eggplant) - quartered and soaked in salt water	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Salt	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 tablespoon Chana dal (Bengal Gram Dal)	
• 1 tablespoon Coriander (Dhania) Seeds	
• 4 Dry Red Chillies	
• 1 tablespoon Sesame (Gingelly) Oil	
• 2 Onion - thinly sliced	
• 1/4 cup Fresh coconut - grated	
• 1 teaspoon Sesame (Gingelly) Oil	
• Salt - to taste	
• 1/2 cup Water	

Preparation

- To begin making the Nellor Brinjal Fry Recipe, prepare all the ingredients and keep them ready.
- Soak the cut brinjal in salt water to prevent it from turning dark.
- First step is to roast the brinjal.
- Heat oil in a pan over medium heat; add the mustard seeds and curry leaves and allow the mustard seeds to crackle.
- Drain the water from the brinjal and add the brinjal, turmeric powder and salt.
- Stir to combine and cover the pan and cook the brinjal until the brinjal is roasted and cooked.



- Keep this aside.
- Roast them well until the dal has turned golden brown.
- Keep aside.
- In the same pan; add oil, the sliced onions and saute until the onions soften and turn slightly brown.
- Once the onions have browned, add the grated coconut and stir fry for another 3 to 4 minutes until you can smell the aromas of the coconut coming through.
- Once done turn off the heat.
- Add the roasted dal mixture and onion mixture to a small jar of the mixture grinder along with 1/4 cup of water and blend to make a smooth paste.
- Add this masala to the roasted brinjal along with 1/2 cup of water and mix well to combine the Nellor Brinjal fry.
- Check the salt and chillies and adjust to taste accordingly.
- Once done, transfer the Nellor Brinjal Fry to a serving bowl and serve hot.

Macronutrients

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