

# Eggplant Curry with Yoghurt

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** coriander, eggplant, garlic, tomato

## Equipment:

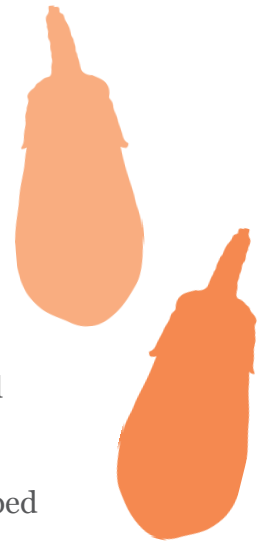
metric measuring scales and spoons  
clean tea towels  
chopping board  
cook's knife  
small frying pan  
wooden spoon  
mortar and pestle  
2 large frying pans  
tongs  
small saucepan  
serving platters

## Ingredients:

2 large eggplants, sliced into 0.5 cm rounds  
2 tsp turmeric  
2 tbsp olive oil  
2 tbsp cumin seeds  
200 g natural yoghurt  
½ tsp chilli powder  
1 large handful of coriander

### For the tomato sauce:

2 tsp coriander seeds  
2 tsp cumin seeds  
1 tbsp olive oil  
2 garlic cloves, peeled and finely chopped  
8 medium tomatoes, roughly chopped  
or 2 × 400 g tins of peeled tomatoes  
1 small handful of coriander, finely chopped  
salt and pepper, to taste



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Sprinkle the turmeric over the eggplant.
3. Dry roast the cummin seeds in the small frying pan.
4. Grind the cumin seeds in the mortar and pestle, then set aside.
5. Dry fry and grind the coriander and cumin seeds for the tomato sauce.
6. To make the tomato sauce, heat the oil in a large frying pan on medium heat, add the garlic and cook for 30 seconds.
7. Add the coriander and cumin seeds, along with the tomato and the fresh coriander, and season to taste. Simmer on low while you cook the eggplant.
8. Heat 2 tbsp of oil in the pan on medium heat and cook the eggplant until golden on both sides.
9. Heat three-quarters of the yoghurt in a saucepan over low heat for 1 minute.
10. Add the cumin and chilli powder to the warm yoghurt.
11. Place a large spoonful of the tomato sauce on each serving platter.
12. Add a layer of the eggplant on top of the tomato sauce.
13. Drizzle remaining tomato sauce over the eggplant and add a dollop of the yoghurt on top.
14. Sprinkle with fresh coriander before serving.