



Persian eggplant stew, khoresh bademjan

Serves 24 - 30 tastes

Source: cookingwithayeh.com



Ingredients

1 eggplant, diced
Spray olive oil
1 additional tablespoon olive oil
1 onion, chopped
2 cloves of garlic, chopped
1 tin chopped tomatoes
2 tablespoons tomato paste
1 tin chickpeas, drained, rinsed
1 teaspoon ground turmeric
½ teaspoon ground cumin seeds
1 cup water
Salt and pepper to taste

Equipment

Measuring cups and spoons
Baking tray, baking paper
Wooden spoon
Saucepan/frying pan
Knives
Chopping board

Serving dishes

What to do:

- Pre heat oven to 190 degrees
- Scatter the eggplant on the baking tray that has been covered with baking paper, spray evenly with olive oil and bake in the hot oven for 15 minutes
- Meanwhile over a medium heat cook the oil, onion and garlic, until the onion is translucent
- Add the tomato paste and cook for a minute, stirring before adding the tinned tomatoes, chickpeas, turmeric, cumin and water.
- Season with salt and pepper
- Bring to a simmer. Simmer 5 to 10 minutes before adding the now soft and browned eggplant, stir to combine
- Simmer a further 5 minutes before serving with saffron rice