

Auberginen-Curry mit Safran

636

Typ: Gemüse

Quelle: Indian vegetarian cookery, S. 51

Bemerkungen: 1 Jul 14: statt Currypaste ein Currypulver (inkl. 2 getrocknete Chillies). Schwarze Senfkörner ungemahlen dazu.

Zutaten: SERVES 4
a good pinch of saffron strands, finely crushed
1 tbsp boiling water
1 large aubergine (eggplant)
3 tbsp vegetable oil
1 large onion, peeled and coarsely chopped
2 garlic cloves, peeled and crushed
2.5 cm ginger root, peeled and chopped
1 tbsp mild or medium curry paste
1 tsp cumin seeds
150 mL double (heavy) cream
150 mL strained Greek yogurt
2 tbsp mango chutney, chopped if necessary
salt and freshly ground black pepper

Rezept:

- 1) Place the saffron in a small bowl, add the boiling water and leave to infuse for 5 minutes.
- 2) Trim the leaf end off the aubergine (eggplant), cut lengthways into quarters, then into 1 cm thick slices.
- 3) Heat the oil in a large frying pan, add the onion and cook gently for 3 minutes. Stir in the aubergine (eggplant), garlic, ginger, curry paste and cumin and cook gently for 3 minutes.
- 4) Stir in the saffron water, cream, yogurt and chutney and cook gently for 8-10 minutes, stirring frequently, until the aubergine (eggplant) is cooked through and tender. Season with salt and pepper to taste and serve hot.

Remark: You will find that yogurt adds a creamy texture and pleasant tartness to this sauce. If you are worried about it curdling on heating, add a tablespoonful at a time and stir it in well before adding another. A little cornflour (cornstarch) blended with the yogurt before cooking, also helps prevent it from separating when heated.