

1 tsp lemon juice
2 cups oil
2 tbsp corn flour, to dust
5 tomatoes
1 onion, chopped
1 tsp ginger paste
1 tbsp garlic paste
1 tbsp cumin powder
1 tbsp garam masala powder
1 tsp red chilli power
50g yoghurt

MINT, TO GARNISH

Method

Marinate the eggplants with salt, turmeric, and lemon juice. Keep aside for 20 minutes. Heat oil. Dust the eggplants with corn flour and deep fry. Keep aside. For the sauce, boil water, put in the whole tomatoes. After 2 minutes, take them out and put them in cold water, peel and finely chop them. Heat 1 tbsp of oil, add chopped onions, sauté for 2 minutes, add ginger-garlic paste and cook for 1-2 minutes. Add powdered spices and sauté 1 minute. Add tomatoes and cook for 6-7 minutes, until oil separates. Taste for salt. Arrange the eggplants on a platter and top them with the tomato sauce individually. Place a dollop of yoghurt on each eggplant and garnish with a sprig of mint. Serve immediately. Always a hit!

TILAPIA WITH CORIANDER AND CHILLI

Ingredients

1 kg tilapia or any other white fish
1 cup of fresh coriander roughly chopped
2 red and 2 green chillies chopped
2 tbsp olive oil
1 tsp cumin powder (optional)
Salt to taste
Juice of two limes

Dressing:

1 tsp brown sugar
1 tsp fish sauce
2 tbsp olive oil

Method

Pre heat oven to 180c. Gas mark 4. Clean fish thoroughly and pat dry. With a sharp knife gently score the fish with 3-4 diagonal cuts on both sides. Stuff the cuts with coriander. Mix chillies, cumin, olive oil and salt. Rub this mixture all over the fish. Place on a tray and bake in the oven for about 30 minutes. Check if the fish is cooked opaque.

Meanwhile whisk together the dressing ingredients. Once the fish is cooked, drizzle dressing over the fish and serve hot.

Photo: Collected



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