

Crisp-Fried Aubergine Recipe

Ingredients: Serves 4

50g chick pea flour (besan), sieved
1 tablespoon cornmeal, semolina or ground rice
½ teaspoon aniseeds
½ teaspoon cumin seeds
½ teaspoon onion seeds (kalonji)
½ teaspoon hot chili powder or to taste
1 tablespoon white poppy seeds
½ teaspoon salt
2 tablespoons coriander leaves, finely chopped
1 large or 2 small aubergines (450g total weight)
sunflower oil, for deep-frying

Method:

In a large mixing bowl, mix the chick pea flour with the remaining ingredients except the aubergines and the oil. Halve the aubergines lengthways and slice them into approximately 5mm thick slices. Rinse them in cold water and shake off excess water and let some of the water cling to the slices. Add them to the spiced chick pea flour and mix them by tossing and turning and sprinkling a little water if necessary so that the aubergine slices are coated with the spiced flour. Heat the oil in a wok or other suitable pan for deep frying. When the oil has reached at least 180°C or a small cube of one-or-two-day-old bread dropped in the oil floats immediately to the surface, start adding one slice of aubergine at a time until you have a full, single layer without overcrowding the pan. Fry the aubergine until crisp and golden brown. Drain on kitchen paper.

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