

Kathirikkai Varuval / Eggplant Fry



Egg Plant is also called Brinjal/Melongene. This plant is used in cuisine of many countries because everyone love Eggplant next to Potato. Eggplant is one of those unique vegetables – alone it doesn't taste like much, but cooked with seasonings it takes on a world of flavor. This recipe is my mom's recipe. Fry can be served with More Kulambu or any variety rice. So here you go...

Ingredients

- 4 Brinjal/Egg Plant/Melongene**
- 1 Tsp of Fennel Seeds**
- 2 Tsp of Sambhar Powder**
- 1 Pinch of Garam Masala**

2 Tbsp of Oil
Salt and Water as needed

Method



- **Cut Brinjal lengthwise and keep it aside.**
- **Take a bowl and marinate brinjal, sambhar powder and salt. Keep it aside for 5 mins**
- **Heat a pan with oil, add this marinated brinjal, mix well and add little water. Close the pan with lid. Keep it in medium flame for 5 mins.**
- **Add Fennel seeds over the brinjal and stir well.**
- **Again keep in low flame for 5 mins. Now add a pinch of Garam Masala. Mix well. Cook covered for another 2 mins.**
- **Brinjal fry is ready. Transfer to a serving bowl.**



Tips

- Brinjal Fry can be served with More Kulambu , Sambhar Rice or any variety rice.
- Follow this same recipe with Potato or Colocasia.

Health Benefits of Eggplant

- Eggplants provide 2 g of fiber per cup. Fiber helps with digestion and colon health.
- Eggplants also are high in a chlorogenic acid, a powerful antioxidant offering antimicrobial and antiviral activities along with the ability to help lower bad cholesterol levels.