Dinner & A Book Recipes
Episode #1611 – A Man Called Over ( Culinary Travels )

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## Recipe for Vegan Khoresh Bademjan

Ingredients:

* 1 large eggplant
* Salt
* 3 tablespoons olive oil
* 2 yellow onions chopped
* 4 cloves garlic minced
* 4 cooked peeled tomatoes chopped
* 1 teaspoon ground turmeric
* 1 teaspoon ground cumin
* 1/2 teaspoon paprika
* 1/2 teaspoon ground cinnamon
* 1 teaspoon ground saffron
* 1/2 teaspoon freshly ground pepper
* Chopped fresh mint
* Basmati rice

### Instructions

1. Chop the eggplant with the skin on and soak in salted water, this will tame the bitterness. Soak for 1/2 hour then remove and drain, pat to dry.

2. Heat the oil in a large saucepan over medium-high heat. Sautee the onions, stirring until translucent. Add in the garlic stirring to ensure it does not burn.

3. Stir in the chopped eggplant and braise until the eggplant softens and sweats.

4. Add in the tomatoes, turmeric, cumin, paprika, cinnamon saffron and black pepper. Cover and simmer on a low heat stirring occasionally until the eggplant is nice and soft and mixture reduced to a stew.

5. Cook basmati rice according to instructions. Serve Khoresh Bademjan over rice and garnish with chopped fresh mint.