

Curry of Eggplant and Peas (Chris Ellis, "Food For Thought" April 2013, modified from a recipe in *The Vegetarian Epicure* by Anna Thomas)

1 large eggplant
salt
2-3 Tbsp butter or ghee or neutral tasting oil (I have used olive or sunflower oil)
1 medium Green Mountain potato
1 medium onion, chopped
1 tsp cumin seeds
1 tsp turmeric
1 tsp mustard seeds
dash of cayenne pepper (optional)
1 cup water
1-2 cups shelled or frozen peas
½ cup plain yogurt (optional)

Wash the eggplant well, cutting the ends off and slicing it about ½-inch thick. Lay the slices on a baking sheet and sprinkle salt on them, allowing them to sit for a half hour. Then drain and rinse them and press out any water. Cut them into ½-inch cubes. Wash the potato well and chop into ½-inch cubes.

Heat oil, ghee, or butter in a large skillet with ¼ tsp salt and the spices. When the spices are all hot add the chopped onion and potato, mix them around with the spices, add the water, and cover.

After about 20 minutes, remove the cover, add the eggplant and stir well. Simmer for another 10 to 15 minutes, stirring occasionally to prevent sticking. In the last 5 minutes of cooking, add the fresh or frozen peas and cook for only another 5 minutes so that they retain their bright green color. If desired, add yogurt in the last 5 minutes as well. Serve with your choice of rice. Serves 4.