

courtesy : Mrs.Kantheruby Venkatraman



Sambal terung is a delicious slightly spicy vegetarian dish. The spices in this dish bring out a scintillating taste. Serve with; nasi lemak, roti chennai, thosai or as a chutney(dip)

Ingredients:

400gm small eggplants; sliced 2cm thick  
2 teaspoon salt )mix  
1 teaspoon tumeric )  
1 cup(250ml) oil  
3cm ginger;shredded  
4 cloves garlic;chopped  
2 large onions ;sliced thin  
2 tablespoon cumin seeds;dry roast and grind  
1 tablespoon fennel seeds;dry roast and grind  
2 tablespoon black mustard seeds;coarse grind  
1 tablespoon chilli powder  
1 cup(250ml) vinegar  
1 tablespoon sugar  
1/4 cup(50gm) cashewnuts;toasted

#### Method of preparation:

In a plate smear eggplant slices with tumeric and salt mixture. Leave for 10 minutes.Drain any liquid.In a wok heat 1 cup oil on high heat.Fry the smeared eggplant slices in small batches till it is golden in color. Remove with a slotted spoon.Set aside.Drain the oil from the wok but save 3 tablespoons.On high heat in the wok saute the garlic,ginger and onion. (till onion is golden brown).Next add the ground cumin and fennel seeds. Saute till the smell is fragrant.Add the ground mustard seeds and stir for 2 minutes.Into the wok add vinegar,chilli powder and sugar .Stir the mixture well.When the liquid begins to boil turn the heat down to medium. Add the fried eggplant slices and cashewnuts.Stir occassionally.Simmer. Turn off flame.Serve with;nasi lemak;roti chanai;thosai or as a chutney(dip).