

This lesson you may remember is about egoism and we were remembering it by making un-leavened bread or chapattis.

You can make the dough a day in advance, if you like, or put it at least 2 hours in the fridge, covered up, before you want to make them. The dough will keep for a few days quite nicely and you can make them fresh as you need them. Spread some ghee or butter on them as they are cooked but keep 'em coming as they have a tendency to disappear.

I have also added some nice dishes that you could try to go along with the breads.

Chapattis

8 oz flour (*mixture of white and whole wheat. You can use chickpea, barley or maize flour as an alternative also*)

1 tsp salt

½ pt water

Place the flour into a bowl with the salt, making a well in the center, and gradually, add the water, working into soft and supple dough.

Knead it for about 10 min., cover and pop in fridge for a few hours. Knead it well, again and divide into about 12 pieces. Roll these out on a floured surface to make thin pancakes.

Lightly grease a heavy flat pan with a little oil or ghee and when hot, slap on a chapatti and cook until blisters appear. Press it down with a spatula and then turn over and cook the other side until lightly colored. Spread a little ghee on the top, fold into quarters and then keep warm as you cook the others.

Eggplant in Coconut Milk

Spice paste:

½ tsp ground coriander

1 tsp black peppercorns

¼ tsp cumin seeds, ground turmeric, fennel seeds

1" cinnamon stick

2 cloves

Grind all of the above together in a coffee grinder (makes for interesting coffee afterwards)

1 medium eggplant, cut into 1" pieces

½ tsp ground turmeric,

½ tsp cayenne pepper

1 tsp salt

6 tbs vegetable oil

1 small red onion, peeled and sliced finely
1" piece of fresh ginger, peeled and chopped
1 garlic clove, crushed
8-10 curry leaves (or 1 tsp powder)
2-3 fresh green chilies, finely sliced
1 tbs white wine vinegar
½ cup coconut milk
Chopped cilantro or parsley

Put eggplant into a bowl with turmeric, cayenne and ¼ tsp of the salt and mix well.
Heat 3 tbs oil in a large wok, and when hot, add the eggplant. Stir and fry for about 8 min. until tender and golden. Remove and lay on kitchen paper to absorb excess oil.
Heat the remaining oil in the pan and stir in the onion until soft. Add ginger, garlic, curry leaves and chilies and stir for 30 seconds.
Add vinegar and salt to taste, then the spice powder. Stir and cook for 2 min.
Add the coconut milk and 2/3 cup water.
Stir and cook gently for 2-3 min.
Garnish with cilantro and serve with chapattis and perhaps the Gujarati Carrots.

Gujarati Carrots

I love this carrot recipe. It is fresh and simple. My sister and I have made this many times. Nice in sandwiches, if there is any left.

3 tbs peanut oil or any other vegetable oil
¼ tsp brown mustard seeds
¼ tsp asafetida powder
Few carrots, peeled and grated
Slivers of green chilies to taste
½ tsp salt
1 tbs lemon juice

Heat the oil in a wok and add the mustard seeds for a few seconds until they pop. Then, add the asafetida and chilies. Stir into the carrots with the salt and lemon juice. Mix well.