

## Eggplant Bharta (Mash) 4-6 servings

- Two medium Japanese eggplants (or one large eggplant), peeled and cut into 2 inch pieces
  - One small brown or white onion cut into 2 inch pieces
  - ½ cup chopped scallions with white and green parts
  - ¼ cup frozen green peas thawed to room temperature
  - 2 large garlic cloves finely chopped
  - 1 teaspoon gingerroot finely grated
  - 1 large tomato finely chopped
  - 1 Serrano chili deseeded and cut into 4 pieces (optional)
  - 1 teaspoon Tomato paste
  - 2 tablespoons cilantro finely chopped
  - ½ teaspoon Seven Happy Seeds Pilaf Spice
  - 1 teaspoon cumin seeds
  - ½ teaspoon turmeric powder
  - 1 teaspoon salt (or to taste)
  - 1 tablespoons granulated sugar
  - 2 Tablespoons Ghee (clarified butter), or unsalted butter
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1. Place eggplant pieces in a Microwave-safe container with ¼ cup of water, cover with Saran wrap, and cook on high setting for 4 minutes, or until soft.
  2. Melt Ghee in a cooking pan. Add garlic, green chili pieces, cumin seeds, turmeric powder and Pilaf spice, and salute lightly until garlic is soft and aromatic.
  3. Add scallions, ginger, tomato paste, chopped tomatoes, green peas, salt, sugar, and sauté on medium high heat until tomatoes are tender.
  4. Add cooked eggplant and mash it with a spatula into smaller pieces (but not broken down completely).
  5. Cook for 10-12 minutes on medium heat with occasional stirring, or until .all ingredients are folded in evenly, and most liquid is gone.
  6. Garnish Bharta with chopped Cilantro and serve with any flat bread such as Naan or Pita, or use it to make a Sloppy Joe!