

Aubergine & Potato "Sakh"

Ingredients (14 in total)

Serves 4

Cooking time approx 20 minutes

Main	Spices	Vaghar
250ml water	3 Tsp Dhana Jeeru mix	4 Tblsp Veg Oil
400g diced Aubergine (one medium sized aubergine) (Diced 1 inch x 1 inch size)	1 Level Tsp Tumeric	2 Tsp Mustard Seeds
300g diced potato (two medium potatoes) (Diced 1.5cm x 2cm size)	½ Tsp Red Chilli powder	2 Tsp Cumin Seeds
½ Tsp Salt (depending on personal preference)		1 Level Tsp Hing
½ Tsp Brown Sugar		
1.5 Tsp Fresh finely grated ginger		
3 Tblsp Fresh Coriander		

Special Utensils: Medium/Large Pan with lid (or Wok with lid), grater with fine teeth

Electric Hob Notes: If you have electric ring/hob and you need to lower the heat to low, medium or a setting between the both, then it may be best to use another ring that is already at this temperature, meaning you can transfer a pan over from a high heat ring to a low hear ring.

Method

1. On high heat, Heat the oil pan, add the mustard seeds (wait until they start to "pop") and then add the Cumin seeds followed a few seconds later by the Hing, Ginger, Aubergine and potatoes. Stir together.
2. Lower the heat to between Low and Medium setting. (see Electric Hob Notes if not using gas)
3. Add the spices, salt, sugar, fresh coriander and then pour the water into the pan around the edges. Stir and mix ingredients together lightly.
4. Cover the pan and cook for 15-20 minutes. Check occasionally that there is enough water, moisture in the pan to cook the ingredients. If it's drying up and the potatoes are sticking, or still hard then add a little more water, cover and let simmer gently.
5. You may need to stir gently, by "lifting" the ingredients with a spatula so not to break the structure of the potatoes and aubergine too much during cooking.
6. The "Sakh" will be ready when you can pierce the potatoes with a knife or fork and they are soft.
7. Garnish with some more fresh chopped coriander.

The flavour should resemble a fresh and savoury taste.

Serve with chapattis, pitta or naan bread.

Can also be eaten together, in combination with basmati rice and a dall, such as Toor dall.