



## Sweet Eggplant Chutney



Vikas Khanna

Baby eggplants are the perfect choice for this easy chutney recipe. The tender-skinned baby eggplant is sweeter and contains fewer seeds than larger varieties and its subtle flavor is enhanced by spices like cumin, nigella and turmeric as well as a red wine and garlic sauce. Brown sugar adds richness. The result just melts in your mouth. Serve with roasted or curried poultry.

—Vikas Khanna

---

From *"Flavors First: An Indian Chef's Culinary Journey"* by Vikas Khanna, Lake Isle Press, 2011

### INGREDIENTS

½ cup packed brown sugar  
1/3 cup red wine vinegar  
6 cloves garlic  
One 2-inch piece of fresh ginger, coarsely chopped  
2 tablespoons vegetable or canola oil  
2 teaspoons cumin seeds  
1 tablespoon nigella seeds  
2 dried red chilies (or more if you like it hot)  
1 teaspoon ground turmeric  
1 medium tomato, diced  
1 pound baby eggplant, about ten, cut lengthwise in quarters but not through the stem end  
1 ½ cups water  
2 tablespoons honey  
1 teaspoon salt  
Juice of 1 lemon

*Makes 4 cups*

### PREPARATION

1. In a blender or a food processor, blend the sugar, vinegar, garlic, and ginger until smooth.
2. In a medium, heavy bottom pan with a lid, heat the oil over medium heat. Add the cumin, nigella seeds and chilies and cook until fragrant, about 1 minute. Stir in the sugar-vinegar mixture and the remaining ingredients. Bring it to a boil, reduce the heat, cover and simmer until the eggplant is tender and cooked, about 20 minutes. Let cool, uncovered, to room temperature and adjust salt to taste. Store, refrigerated, in an airtight container for up to 2 weeks.