

Mangalore Style- Coconut-ey Brinjal Salad

Written by Carol Sequeira Pereira

The smokiness of the roasted brinjals and the creaminess of the coconut milk make this salad melt-in-the mouth or simply delish.

I first tasted this exotic salad at Aunty Betty Sequeira's house in Mangalore, India. She is an awesome cook and makes such palate pleasing dishes, that everyone wants to learn to cook from her. At her diamond wedding anniversary a couple of years ago, she came out with a lovely collection of treasured Mangalorean and Kerala recipes in a compact cook book, of which she gifted me a copy. Thankyou Aunty Betty, will always treasure these recipes.

I have adapted this recipe from aunty's cook book.

Ingredients:

Brinjals- 3 medium
Onions: 2 finely chopped
Green chillies: 2 finely chopped
Garlic: 2 flakes finely chopped
Ginger: 1 inch finely chopped
Coconut milk: 1/2 can
Oil: 3-4 tbsps
Cumin seeds: 1tsp
[Mangalore stew powder](#) : 1 tsp
Salt to taste

Method:

1. Wash and cut brinjals into 1½ inch slices.
2. Place a few slices of brinjals in a single layer in a colander, sprinkle a little salt over them, continue with the remaining slices using about 1 level tablespoon of salt in total. Now put a plate on top of the brinjal layers and weigh them down with a vessel filled with water or anything heavy, then put another plate underneath to catch the juices. Leave them like this for 30 mins- 1 hour.
3. Pre-heat the oven to 200C/ 375F.
4. Finely chop onions, chillies, ginger garlic, place in an oven proof bowl. Pour over 1-2 tbsp oil, sprinkle over salt to taste, mix well with spoon

Mangalore Style- Coconut-ey Brinjal Salad

Written by Carol Sequeira Pereira

5. Next prepare the brinjals, squeeze out any of the excess juice from the brinjals with your hands and dry them as thoroughly as you can using a clean cloth. Next, spread them out on a baking sheet, drizzle 2- 3 tablespoon of the oil over them and toss them around to get a good coating of oil.

6. Now put the baking sheet with the brinjals and the bowl with onion, green chillies mixture in the oven and let them roast for 15-20 minutes or until the brinjals appear cooked and are tinged brown at the edges, and the onions have softened or appear browned on the sides of the bowl. (Half way through the cooking time, that is in 8-9 minutes turn over brinjal slices and give the onion mixture a good toss for even cooking)

[Read the complete text at my Blog](#)