

Recipe 1

બેંગન ભરતા (Baingan Bharta)

Ingredients

- 1 large eggplant, cut into thin slices lengthwise.
- 1/2 large onion, diced.
- 1 large tomato, diced.
- 3 gloves of garlic, minced.
- Oil.
- લાલ મરચું.
- હળદર.
- Salt.
- Water.

Procedure

1. Set instant pot to sauté at normal heat, and add a little bit of oil.
2. When instant pot shows hot, cover bottom of pot with 1 layer of eggplant slices. Wait until the slices are charred (it is okay if it sticks to the bottom of the pot, you can scrape it off). When they char, add a little bit more oil and the next layer of eggplant slices, and move the already charred eggplant slices (they will have shrunk) to the side or on top of the new layer.
3. When all the eggplant slices are charred, add the spices, salt, onion and garlic. Let it roast for a bit.
4. Add the tomatoes and a 1/2 cup of water. Immediately close the instant pot and pressure cook on high for 3 minutes.
5. Release the steam immediately after the pressure cooking is finished, and open the lid. Boil off extra water if needed by setting the instant pot to sauté.