

# Malabar Eggplant (Crispy Eggplant in spiced coconut curry)

Malabar eggplant – crispy eggplant in a shredded coconut red chili curry sauce – is a delicious introduction to the deep flavors of Indian Malabar cuisine. Serve it with naan or flatbread and some dal for a veggie-packed meal that's also packed with flavor!



Prep Time  
20 mins

Cook Time  
20 mins

Total Time  
40 mins

★★★★★  
5 from 4 votes

Course: Appetizer, Side, Side Dish    Cuisine: South Indian    Keyword: malabar eggplant  
Servings: 4    Author: Vegan Richa

## Equipment

- [Skillet](#)
- [Chef's knife](#)

## Ingredients

### For the Eggplant

- 3 1/2 cups cubed eggplant about 3/4" to 1" in size
- 1/4 cup white rice flour
- 5 tablespoons cornstarch
- 8 curry leaves chopped (fresh or frozen or dry curry leaves)
- 2 tablespoons chopped cilantro
- 1 green chili such as Serrano, finely minced
- 1 teaspoon [garam masala](#)
- 1/2 teaspoon garlic powder
- 1 teaspoon [Kashmiri chili powder](#) or use paprika
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 2 teaspoons oil
- water as needed

### For the Sauce

- 1 teaspoon oil
- 1/2 teaspoon mustard seeds
- 2 dried red chillies such as Indian or Thai. Use California red or Kashmiri chillies for less heat
- 5 curry leaves
- 1/2 cup sliced onion
- 1 teaspoon [Kashmiri chili powder](#)
- 2 teaspoons [shredded coconut](#)
- cilantro, green onion and lime juice, for garnish

## Instructions

### First, make the eggplant.

1. Chop the eggplant, if you haven't already, and then soak it in 4 or 5 cups of water with a teaspoon of salt, so that the cubed eggplant doesn't brown, and it will crisp up better when you pan fry or bake it. Drain when the batter is ready, let sit to drain for a minute, then place in a kitchen towel or paper towel. Lightly press to absorb most moisture.

2. Make the batter: Add the rice flour, cornstarch, chili, herbs, spices, and salt to a bowl and mix well. Then, add the oil and 1/4 cup of water. Mix well, adding more water a tablespoon at a time until you have a smooth batter that's slightly more loose than a paste. Then, add the eggplant to the bowl, and toss well to coat. If the batter is too thick to coat the eggplant, you can sprinkle in more water while mixing, so that it coats the eggplant really well.
3. **To Bake:** Spread the eggplant on a parchment-lined baking sheet and bake at 415° F (213° C) for 15 to 20 minutes.

**To Pan Fry:** Add 2 teaspoons of oil to a large skillet over medium-high heat. Once hot, add the eggplant and cook until most of the edges of the eggplant are crisp and golden, and the insides are cooked. Be sure to flip occasionally and get all sides of the cubes cooked and crispy, about 8 to 10 minutes. Set aside.

### **Meanwhile, make the sauce.**

1. Add the teaspoon of oil to the skillet over medium heat, and once the oil is hot, add the mustard seeds. Let them start to pop, then break the red chilies in half and add them to the skillet. Add the curry leaves, as well, and mix quickly, then add the onion and a good pinch of salt. Cook until the onion is translucent, stir occasionally (4-6 minutes). then mix in the Kashmiri chili powder and coconut, and continue to cook for another 2 to 3 minutes.
2. Fold in the baked or pan-fried eggplant. You can also add splashes of lime juice, if the skillet is drying out too much. Top with the green onion, cilantro, and lime juice, and serve this immediately as a side or as an appetizer with flatbread, naan, or tortillas, or as part of a spread with dals or tofu curries.

### **Notes**

You can use any sort of eggplant you like in this recipe. Make this with cauliflower. The baking time for the cauliflower is going to be around 25 to 30 minutes. If you want to pan fry the cauliflower, you should pre-cook it by steaming it until it's al dente, and then coat it with the batter and pan-fry it.

Add Tofu: use 7 oz extra firm tofu(pressed and cubed) and 2 cups eggplant or just tofu(14oz), bake 20-30 minutes or pan fry.

**To make a saucier version,** add in 1 cup of coconut milk after adding in the Kashmiri chili powder and shredded coconut. Mix in, and bring to a boil. Simmer for 2 to 3 minutes, then add the eggplant, toss quickly, and then switch off the heat and serve with your garnishes. You can serve with rice, flatbread, or dosa.

Malabar eggplant is naturally gluten-free, nut-free, and soy-free as long as you choose a nut-free and soy-free oil.

### **Nutrition**

Calories: 158kcal | Carbohydrates: 26g | Protein: 2g | Fat: 5g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 350mg | Potassium: 254mg | Fiber: 4g | Sugar: 4g | Vitamin A: 519IU | Vitamin C: 70mg | Calcium: 34mg | Iron: 1mg

Malabar Eggplant (Crispy Eggplant in spiced coconut curry) <https://www.veganricha.com/malabar-eggplant/>