



HEALTHY INDIAN BITES

Eat Right, Live Right.



Baingan Bharta

Diet Recipes, Food Blog.

Baingan Bharta or Eggplant-wider and bigger shape brinjal, is an authentic Indian cuisine, part of culinary traditions of India, cooked with little variations all over India. It is simple recipe and tastes delicious. Recipe is really dined in love for food lovers. Served with paratha (Indian bread) or roti makes it taste mouth watery. It is served as a main course curry in celebrations, parties or eaten as a regular meal-lunch, dinner. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

Instagram ID: [Healthy.Indian.Bites](#)

Youtube and Facebook: [HealthyIndianBites](#)

Indian Food Disadvantages.

1. Curries cooked adding lot of oil are less nutritious.
2. Adding spices to an oil make it hard to digest, can cause bloating and inflammation in body.
3. Roasting it on medium to high flame for longer periods burns nutrients in foods.
4. It is really not advisable to add red-chilli powder out of limits. This may be a reason to cause heart disease.
5. Re-useing and reheating of oils is one of the bigger reasons to cause cancerous cells in a body.
6. Frying or deep frying of veggies to retain its texture or to taste Savoury lowers nutrients in foods.
7. Storage of curries for longer periods in freeze. And using them can cause gas. Induce bad bacteria and make gut health suffer.
8. Finally, blanching and cleaning is most step-in cooking, and it is always advisable to follow it.

How to Cook Indian Eggplant.



Cooking Ingredients:

- 2-3 Eggplant of bigger and wider size.
- 1 teaspoon cooking oil.
- 1 teaspoon Sesame seeds.
- 1 teaspoon crushed whole Pepper.
- 1 teaspoon Salt to taste.
- 2-3 green chili.
- 2-3 Tomatoes medium sized and juicy.
- 1 teaspoon whole cumin.
- 1 whole Garlic.
- 1 teaspoon Carrom seeds.
- 1 teaspoon Coriander powder.
- 1 teaspoon Kashmiri laal Mirch. (Adds color)
- Some strands of fresh Green Coriander leaves.
- May add boiled green peas to a recipe as well. (This is optional).

Cooking Style of India:

1. On a gas stove tandoor, heat 2-3 Eggplant on medium to high flame, till its skin is ready to peel off.
2. Heat 2-3 Tomatoes and smash it to form puree.
3. 1 whole Garlic, heat and peel off skin, chop it into smaller pieces.
4. Heat 2-3 green chili. Do not burn. Just keep it warm.
5. Add 1 teaspoon cooking oil to a pan.
6. Add 1 teaspoon cumin and heat it on low flame.
7. Also add 1 teaspoon salt to it as well.
8. Add Eggplant mash, Tomato puree, finely chopped Garlic and green chili to it. Mix well.
9. Mix crushed black pepper, coriander powder and red-chili powder.
10. Roast 2-3 minutes on low flame.
11. Decorate it with fresh coriander.
12. Serve 2-3 people with roti or chapati.

Easy Cooking Tips for Beginners

- Heat Eggplant on gas stove Tandoor, brings better flavor to Eggplant. By this, upper crust of Eggplant is only burnt and can be peeled with hands.
- Burning upper layer if eggplant is important, as it removes bitter taste and harmful bacteria from foods.
- Heating it directly on Gas stove, may burn inner layer of foods. Also, destroys nutrition value of foods.
- Direct heat on Gas stove, adds black carcinogens to eggplant pulp. That is not easy to extract. And eating it is not good as well.
- We prefer blending Eggplant with Tomato puree. And avoid adding onions to it. By this it avoids digestion issues.
- Also, blending Eggplant with tomatoes keep food recipe simple and enhances flavor of Eggplant added in it.
- Adding sesame to recipe helps promote weight loss.

- Avoid adding lot of oils to a recipe. Dipping it in red-chili powder can cause inflammation and make Spices become more dominant. It also spoils taste of eggplant.
- Avoid roasting Eggplant a lot more in a pan. Just sauté it mild to retain its nutritional value.

Why you should be eating Baingan Bhartha??



1. It has low [*glycemic index*](#) so doesn't surge blood sugar levels.
2. Dietary Fiber reduces the risk of heart disease.
3. It contains antioxidant that protects cells from damage. Also, avoid the risk of cancer.
4. Further, it is low in sodium and contain good number of vitamins and minerals that help regulate hormones and generate new cells in a body.
5. It is high in fiber, raises metabolism, helps promoting digestion and loses weight.

Authentic Indian Vegetarian Recipe??

In HealthyIndianBites, there are number of Authentic Indian Food Recipes, we love cooking based on "Eat Right, Live Right." concepts and sharing it with people. This is our voluntary effort to spread our culinary art that is balance of taste and health both. All recipes are cooked, tried and tasted by us.