



Sugar Apple

Posts From The Caribbean

Baigani

These are often made with split pea (dhal) flour replacing some of the all-purpose flour but I didn't have any so Devica used all regular flour. If you don't have any green seasoning, you can spice up the batter with some crushed garlic, a scotch bonnet pepper (if you like heat) and maybe a bit of curry powder.

2 cups of all-purpose flour
2 tablespoons of green seasoning
2 teaspoons of instant yeast (I use SAF brand)
1/4 teaspoon turmeric
1 teaspoon salt
1 - 1 1/4 cups of water at room temperature
1 medium to large eggplant
cooking oil for frying

Put the flour, green seasoning, yeast, salt and turmeric in a large bowl and mix everything together. Add the water, a bit at a time, mixing until you have a fairly wet dough. Cover with a kitchen towel or some plastic wrap and let it sit for about an hour. The dough will rise considerably and the surface will become bubbly.

Cut the ends of the eggplant, cut it in half and then slice each half into thin slices about 1/4 of an inch thick. If the slices are too thick the eggplant won't cook through.

Put about 1 inch of oil in a skillet and heat it over medium high heat until it's quite hot. Take the eggplant slices, one at a time, and coat them with the batter.

Put them in the hot oil and fry, turning once or twice, until both sides are nicely brown. Remove from the pan and drain on paper towel. Serve hot or at room temperature with chutney.

<http://www.abigailblake.com/sugarapple>

from the article *Baigani* posted on May 1, 2009