

Eggplant Rolatine

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

This is a very delicious and unusual dish in which large slices of steamed eggplant are rolled up around slices of fresh homemade cheese (curd) and baked with an Indian-style richly spiced tomato sauce. It's a good choice for entertaining friends or family or for a special meal.

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Ingredients

2 1/2 Tbsp
Ghee or olive oil
1
very large eggplant, at least 8x5 inches

Recipe of Basic Curd (recipe given below)

1 1/2 c
onion, diced
1 tspn
Dried chili flakes, add to taste
2 Tbsp
Ground coriander
4 Tbsp
Ground cumin
1 1/2 tspn
Turmeric
1 1/2 tspn
Cinnamon
1 1/4 tspn
Ground cardamom
4 c
Tomato, diced

1 Tbsp
Fresh ginger, peeled and minced
2 tspn
Salt
6 Tbsp
Honey
1 tspn
tamarind paste
2 clv
garlic, crushed
3 Tbsp
water chestnuts, minced
2 Tbsp
rRoasted almond butter
1¼ c
half-and-half
1
large bell pepper, cut into strips
1¼ c
fresh cilantro, chopped

Instructions

1. Prepare the curd as directed below using the first draining method. Cut into 12 long slices. Heat 1 Tbsp. of the ghee in a large nonstick skillet on medium heat. Pan-fry the curd until golden on both sides.
2. Meanwhile, slice the eggplant into twelve 1/4-inch-thick slices lengthwise. Steam for 10-15 minutes until soft and floppy but not falling apart. You may have to steam the slices in the middle of the steaming basket a little longer. Set aside with the curd.
3. To prepare the sauce, heat 1 Tbsp. of the ghee in a large saucepan on medium heat. Add the onion and sauté until lightly browned. Add the chili flakes and sauté for 30 seconds. Add the next 5 spices and sauté for 30 seconds.
4. Add the tomatoes and the next 6 ingredients and cook on medium-low heat for 10 minutes. Mix in the almond butter and cook for 5 minutes. Add the half-and-half and mix well, then remove from the heat.
5. Preheat the oven to 350°F. In a small nonstick skillet heat the remaining 1/2 Tbsp. ghee on medium heat. Add the bell pepper and stir-fry until it begins to brown. Set aside.
6. To assemble, spread 1 1/2 cups of sauce in a 9x12-inch casserole dish. Dip both sides of a slice of eggplant in the remaining sauce. Place it in the dish and roll a piece of curd up in it. Place the roll seam side down.
7. Repeat with all slices of eggplant and curd. Spread the remaining sauce on top, then garnish with the bell pepper slices. Bake covered for 20 minutes, then uncover and bake another 15-20 minutes. Sprinkle with chopped cilantro. Good served with basmati rice.

Notes

Note: When serving this dish with rice, you can cook the rice with the whey from the curd. Combine 1 part rinsed rice with 2 parts whey. Bring to a boil, cover, and turn the heat to the lowest possible setting. Cook until the grains are soft and the liquid is completely absorbed.

Nutritional Information Per Serving:

Calories: 223, Fat 9.9g (89 cal), Carbohydrate 25.7g (102 cal), Protein 7.8g (32 cal)

Added information: Saturated Fat 4.3g, Cholesterol 24mg, Sodium 495mg, Dietary Fiber 2.5g

Basic Curd

Curd, or Paneer, is easy to make and not terribly time-consuming. Below I've given several methods of draining, each of which results in a different texture and shape. I usually use the first method, which is the quickest and produces a curd similar in texture to firm tofu. The second and third methods yield an even firmer curd comparable to extra-firm tofu.

8 cups whole milk
1 cup plain yogurt, nonfat, low-fat, or whole
2-4 Tbsp. fresh lemon juice, or as needed

1. Bring the milk to a boil in a large heavy-based saucepan on medium-high heat. Separately beat the yogurt until smooth. Just as the milk begins to froth up to a boil, reduce the heat to low and stir in the yogurt until well combined.
2. Slowly pour in the lemon juice, stirring gently. Use just enough lemon juice to allow the curds to separate from the clear yellow whey. You may need more or less lemon juice depending on the acidity of your lemons.

Draining Method 1

Pour the curds and whey into a large fine metal strainer set over a saucepan or bowl to catch the whey. Reserve the whey to use in soups. Press the curds with a spoon, then let them drain for 20-30 minutes. Flip the strainer upside down, letting the curd fall onto a plate or cutting board. Cut into the desired shape.

Draining Method 2

For a firmer texture, pour the curds and whey through a muslin- or cheesecloth-lined strainer set over a large saucepan or bowl to catch the whey. Tie the corners of the muslin together and hang the curd to drain for 1 to 2 hours.

Draining Method 3

Hang the curd for 10-15 minutes only. Then, leaving the curd in the cloth, shape it into a square block and

place it under a heavy weight for 1 to 2 hours. This will create a firm block of curd.

Source URL: <http://www.wailana.com/lifestyle/recipe/eggplant-rolatine>