



CIA FOODIES

Begun Bhaja | Courtesy of Chef Maneet Chauhan '00

(Eggplant Fritter with Tomato Five-Spice Chutney and Mango Slaw)

Ingredients:

- 4 large Japanese eggplants, cut crosswise into 1/4" thick
- 3/4 cup rice flour
- 1 tsp ground turmeric
- 1/2 tsp Kashmiri powder
- Mustard oil, shallow frying
- Chutney, (five-spice panch puran)

Directions:

1. Lightly salt eggplant slices on both sides. In a bowl stir together flour, turmeric and Kashmiri chili powder.
2. Line a plate with paper towels. Pour 1" Mustard oil into a sauté pan and heat over medium-high heat until a pinch of flour sizzles when it hits the surface.
3. Working in batches (do not overcrowd the pan), dredge the eggplant slices in the seasoned flour, shaking to remove excess, and use tongs to add the eggplant slices to the oil. Fry the eggplant until golden brown on both sides, about 2 minutes per side, flipping once during the frying process. Transfer to the paper towel to drain. Season with salt.
4. Serve hot with chutney



Mango Slaw

Ingredients:

- 1 Mango (green preferably)
- 2 curry leaves
- 1/4 tsp chopped ginger (finely chopped)
- 1/2 tsp diced red pepper (finely chopped)
- 1/2 tsp chopped cilantro (finely chopped)
- 1 tsp lime juice
- sugar to taste
- salt to taste

Panch Puran Chutney

Ingredients:

- 2 tbsp panch puran whole
- 1 cup tomato puree
- 1 cup brown sugar
- 1/2 tsp red chili powder
- salt to taste
- 1 lb tomatoes, chopped
- 1/2 cup distilled vinegar

Directions:

1. **For the Slaw:** Cut the mango in juliennes or brunoised add the rest of the ingredients.
2. **For the Chutney:** Heat the oil add the Seeds and when they start to crackle add the chopped tomatoes. Add the rest of the ingredient and cook till the tomato is reduced to half.
3. Top with the Panch Puran Chutney



Tomato Mint “Foxed” Cocktail

Ingredients:

- 1 cup heirloom tomato, chopped roughly
- 1/4 cup mint leaves
- 1 lemon juice
- 1/2 serrano pepper
- 1/4 cup agave
- pinch salt
- 1 cup water

Directions:

1. Blend all the ingredients together. Strain over a fine chinois.

In a cocktail shaker over ice add:

- 1.5 oz Tod & Vixen’s Dry Gin 1651
- 2 oz heirloom tomato mint juice
- .75 oz St. Germain
- 2 dash saffron bitters

Directions:

1. Shake well. Strain and serve in a tall ice filled glass. Top with Cava.
2. Garnish, with tomato slices, mint and 2–3 strands of saffron.