

Eggplant Dhal



Recipe Rating	
Total Time	65 Minutes
Cooking Time	55 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Scale
Whisk
Spatula
Mixing Bowls (1 large, 1 small)
2x ½ size- 2" deep production pans
Cutting board
Chef's Knife
Measuring Cup
Cling Film
Aluminum Foil
Plate ware
Bulk Retherm Cart (or regular oven)
or Tray Service Retherm Cart

Eggplant Dhal

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Red Lentils	300 gm	10.5 oz	600 gm	21 oz
Medium Sized Eggplant, cubed	453 gm	15.9 oz	906 gm	31.9 oz
Canola Oil	45 mL	3 Tbsp	90 mL	6 Tbsp
Onion Powder	7.5 gm	1.5 tsp	15 gm	3 tsp
Garlic Powder	15 gm	1 Tbsp	30 gm	2 Tbsp
Chili Powder	7.5 gm	1.5 tsp	15 gm	3 tsp
Ground Turmeric	10 gm	2 tsp	20 gm	4 tsp
Garam Masala	3.6 gm	$\frac{3}{4}$ tsp	7.2 gm	1.5 tsp
Red Chili Flakes	7.5 gm	1.5 tsp	15 gm	3 tsp
Ground Coriander	2.5 gm	$\frac{1}{2}$ tsp	5 gm	1 tsp
Water	900 mL	31.6 fl oz	1.8 L	63.35 fl oz
Table Salt	4.5 gm	1 tsp	9 gm	2 tsp
Spinach, fresh	30 gm	1.05 oz	60 gm	2.11 oz
Parsley, fresh, garnish	30 gm	1.05 oz	60 gm	2.11 oz

Method



1. Measure out all ingredients. Cut up eggplant into $\frac{1}{2}$ inch cubes. Mix all spices in a small bowl. In a large bowl add eggplant, olive oil and spices. Mix Well.



2. Divide the mixture, lentils and water evenly between two $\frac{1}{2}$ size 2-inch-deep production pans. Stir in raw spinach. Cover with cling film and aluminum foil. Place in Multigen for 55 minutes at 130°C.

Bulk: Prepare two $\frac{1}{2}$ size 2-inch-deep production pans with nonstick spray. Cook in bulk first, then once it is cooked retherm individually.



3. Once the 55 minutes are done, let it rest for 5 minutes. Divide portions equally into service dishware by serving size. Serve with fresh chopped parsley
Serve hot.



4. **Bulk:** remove from Multigen and serve alone or with a side dish of rice or vegetables.

Cold Plating: allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm for 55 minutes prior to service.

Garnish: **Parsley**

Food Accompany: **Jasmine Rice or Steamed Vegetable Medley**

