## Khoresht-e Badenjan

Eggplant and Lamb Stew *New Persian Cooking by Jila Dan-Haeri*

Serves 4-6 Prep Time: 30 minutes Cooking Time: Approx. 2 hours, plus standing time

**Ingredients:**

**3 medium eggplants salt & pepper**

**18 oz lean leg of lamb 1 medium onion**

**3 beef tomatoes 3 dried limes**

**½ cup vegetable oil, approx. 2 teaspoons turmeric**

**14 oz canned chopped tomatoes 1 tablespoon (heaping) of tomato paste**

**1 ¾ pints boiling water 3 tablespoons lemon juice**

**2 tablespoons liquid saffron yogurt**

**Preparation:**

Peel eggplants and cut each one lengthwise into three slices. Spread them on a large plate, sprinkle with 1 teaspoon of salt and let stand for about 15minutes. Pat dry on paper towels.

Wash the lamb and dry on paper towels. Trim off any skin and fat. Cut the meat in to 1 ½ inch cubes.

Peel and finely chop the onion. Wash and dry the tomatoes and cut into 4 slices. Wash and dry the dried limes and pierce them with a fork.

**Cooking:**

Heat 4 tablespoons of oil in a medium-size, heavy-based saucepan and fry the onion until golden brown.

Add the lamb, turmeric, salt and pepper and then the dried limes. Stir until the meat is well coated with the turmeric and sealed all over.

Add canned chopped tomatoes, tomato paste and boiling water and half-cover the pan with a lid. Simmer on a low heat until the meat is tender enough to cut with a fork and the sauce has reduced to just under a pint. THIS WILL TAKE 1 – 1 ½ HOURRS.

While the meat is cooking: lightly brush the eggplant slices with yogurt. Fry the eggplant slices (preferably in a non-stick pan) until golden brown. Remove and pat dry on paper towels to remove excess oil.

In the same pan, heat 1 tablespoon of oil and lightly fry the sliced tomatoes. Return the eggplant slices to pan and turn off the heat. Pour half of the lemon juice and half of the liquid saffron over the eggplant and tomato slices. Set aside.

When the meat is cooked, carefully arrange the eggplant and tomato slices in the sauce on top of the meat. Reduce the heat to very low and let the mixture simmer very gently for about 15 minutes. (The eggplant and tomatoes will disintegrate if the sauce boils vigorously.) Add the rest of the lemon juice, salt and pepper to taste. Remove from the heat and let stand 10-15 minutes before serving.

Place in a large shallow bowl, arranging the eggplant and tomatoes over the meat. Pour the remaining liquid saffron over the top.