



Nutritious, Delicious, Wisconsin!

EGGPLANT TXIV LWS NOJ NYOOS

HMooob Red
Eggplant



Thai Eggplant



Thai Ribbed
Eggplant



Purple Eggplant



HMooob Varieties

- Thai Ribbed Eggplant
- Thai Eggplant
- HMooob Red Eggplant
- Purple Eggplant Varieties
- Bitter Green Eggplant
- Bitter White Eggplant

Terminology

The general word for eggplant in HMooob is *Txiv Lws*. *Txiv Lws Txaij* or *Txiv Lws Noj Nyooos* refers to Thai Eggplant, often eaten raw. Other eggplants, green, white, red, orange, black or purple, are also called *Txiv Lws*.

TASTE & TRADITION



Eggplants are often roasted and mashed into HMooob pepper sauces; sliced and cooked in stir-fries and curries; or eaten raw such as in papaya salad.

RECIPE

Thai Eggplant Red Curry (Kees)



Directions

1. In a large stockpot, heat oil.
2. Add minced garlic and cook for 45 seconds.
3. Add red curry paste and stir for 3-5 minutes, until it turns a deep red color.
4. Pour in eggplants and protein of choice. Cook for 5-8 minutes, depending on the protein.
5. Season with salt, fish sauce, chicken bouillon, and black pepper. Adjust seasoning to taste once the protein is fully cooked.
6. Pour in both cans of coconut milk and stir until the curry paste is fully mixed in.
7. Simmer for 25-30 minutes, stirring occasionally. The eggplant will wilt and deepen in color.
8. When everything is fully cooked, ladle the rich, creamy curry into a bowl and serve with steamed rice.

Ingredients

- Thai eggplants (cut into quarters or wedges)
- Choice of protein (e.g. tofu, chicken, shrimp)
- 2 tablespoons oil (e.g. coconut, canola)
- 2 cans coconut milk
- 1 can red curry paste
- 4 cloves garlic
- 1 tablespoon salt
- ½ teaspoon black pepper
- 2-3 tablespoons fish sauce
- 2 tablespoons chicken bouillon
- **Optional:** tomatoes, yard-long beans, mushrooms, quail eggs, bamboo shoots



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