

Indian Eggplant



PLU - 4603

Description/Taste

Indian eggplants are small and oval, averaging 5-7 centimeters depending on maturity. This egg-shaped fruit has a glossy, smooth, and medium-thick dark purple outer skin. The inner flesh is firm, crisp, and creamy white with a few, small edible seeds. When cooked, Indian eggplants offer a mild flavor with sweet notes and a creamy texture.

Current Facts

Indian eggplants, botanically classified as *Solanum melongena*, belong to the Solanaceae, or nightshade family along with potatoes, tomatoes, and peppers. Also known as Ratna and Brinjal, Indian eggplants are often labeled as baby eggplants in commercial markets due to their small size. Indian eggplants are similar in appearance to the popular Italian variety, but they are smaller in size and much sweeter in flavor.

Nutritional Value

Indian eggplants are an excellent source of fiber and contain some vitamin B6, vitamin K, and potassium. They also contain anthocyanins, which have antioxidant properties.

Applications

Indian eggplants are best suited for cooked applications such as grilling, roasting, baking, and stir-frying. They can be sliced and grilled and used in pasta dishes, chopped and used as a meat substitute in stir-fries, or dipped in breadcrumbs and fried. Indian eggplants are also used in many curry-based dishes and are ideal for stuffing because of their small size. Indian eggplants pair well with aromatics such as garlic, onion, and ginger, herbs such as basil and mint, spices such as cumin, coriander, and turmeric, and also honey, balsamic, goat cheese, mozzarella, and tomatoes. Indian eggplants will keep up to three days when stored in a cool and dry place.