Eggplant Curry

Eggplant called Aubergine in Western Africa has long been used in Asian, Middle Eastern, Mediterranean, and African cuisine. The Swahili word for eggplant is Biringani and Mchuzi wa Biringani (Eggplant Curry) is a favorite of the Swahili people all along the coast of Eastern Africa.

The eggplant originally came from India and was further spread to the Mediterranean and Africa. African eggplants are usually smaller, bitterer and mostly yellow although purple eggplant are common as well. Eggplant is used widely in West Africa. It is chopped, cooked and mixed into a variety of vegetable dishes, meat/fish-dishes and sauces.

During the construction of the railway to Uganda, the British imported thousands of Indians, and with these immigrants came the curries, chapattis and chutneys. Curry is a spice (a mix of several herbs) commonly used in vegetable dishes, as well as in meat and fish dishes.