

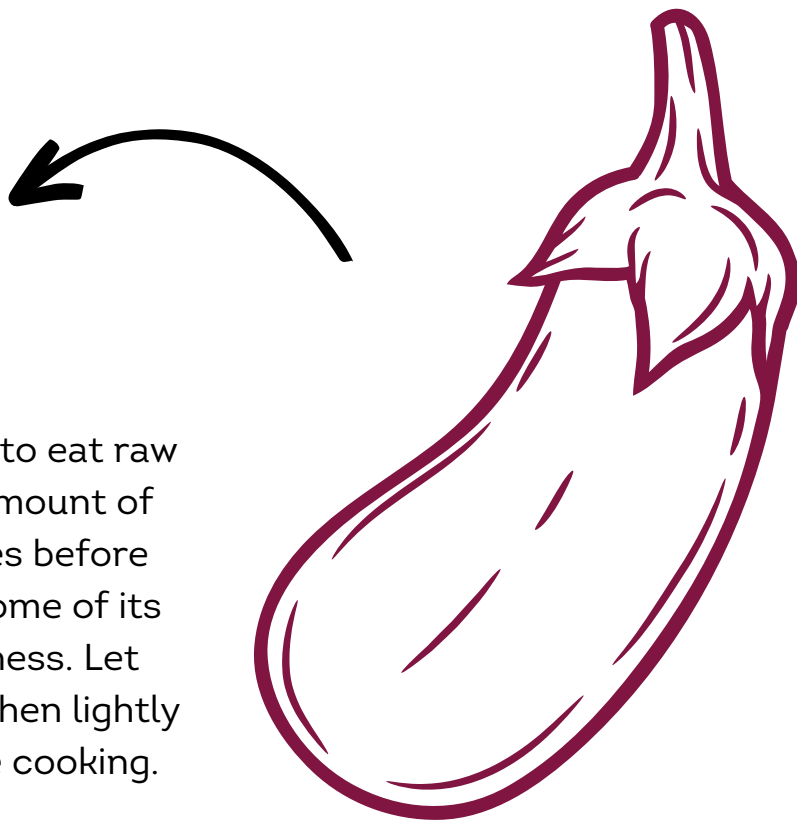
# EGGPLANT

## WHAT PARTS CAN I EAT AND HOW?

### THE FLESH AND SEEDS!

- Roasted or baked
- Grilled
- Stuffed
- Soups and stews
- Baba ghanoush

**COOKING TIP:** Eggplant is safe to eat raw and cooked. Sprinkling a good amount of salt over eggplant slices or cubes before they're cooked does draw out some of its moisture and lessens the bitterness. Let them sit for about an hour and then lightly rinse some of the salt off before cooking.



### WHEN IS IT IN SEASON?



Eggplant is in season from **July to October!**

### STORAGE



Eggplants do not store well for long periods of time. Without refrigeration, eggplants can be stored in a cool, dry place for 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be refrigerated.

# SIMPLE BABA GANOUSH

## (MEDITERRANEAN EGGPLANT DIP)

**SERVES 4**

### INGREDIENTS:

- 2 eggplants, cut into rounds
- 2 cloves garlic, minced
- 2 lemons, juiced
- 1 teaspoon salt and pepper
- 4 teaspoons fresh cilantro, parsley or basil
- 2 tablespoons olive oil for roasting
- 4 tablespoons tahini (*optional*)

### INSTRUCTIONS:

1. Set oven to 500F.
2. Sprinkle eggplant rounds with salt, let rest for 15 min, and pat dry. Place rounds on baking sheet and drizzle with oil and salt.
3. Roast for 5-10 min, turning rounds 1-2 times until soft and golden-brown.
4. Peel skin and add flesh to a food processor. Add lemon juice, garlic, tahini and a pinch of salt. Blend until creamy and smooth. Add herbs. Adjust seasoning as needed.



# ASWAD SALAD

## (SUDANESE EGGPLANT SALAD)

**SERVES 4**

### INGREDIENTS:

- 1 large eggplant (or 2 medium-sized eggplants)
- Olive oil
- Salt
- 1 ½ cup plain yogurt
- 1 tsp cumin
- 1 tsp garlic powder

### INSTRUCTIONS:

1. Preheat oven to 425F.
2. Cut the eggplant into thin slices.
3. Put the eggplant onto a baking tray and drizzle with olive oil and season with salt.
4. Cook the eggplant in the oven for 25 minutes.
5. Meanwhile, prepare your sauce by combining yogurt, salt, cumin and garlic powder.
6. Once the eggplant is cooked through, take out of the oven and dress with the yogurt sauce.

*This eggplant salad is eaten a lot in Sudan, usually accompanying other main dishes, especially delicious with Ta'miyya (falafel) on pita bread!*

*Recipe by Guest Chef Ikram*