



Vegetarian Eggplant Dish

Ingredients

- 3 large eggplants
- 1 medium red onion
- vegetable or olive oil for frying (I always use olive oil)
- 1 bulb garlic (you may use less if you are not a big fan of garlic) peeled and thinly sliced (I use garlic crusher so you don't feel garlic pieces)
- ½ tsp turmeric
- 3 large ripe tomatoes diced
- 2 tbsp tomato paste
- Sea salt to taste
- 2 large free-range eggs

Method

1. The most authentic way to prepare the eggplants is to blister them whole over an open flame (either on a barbecue or over a domestic gas hob) until blackened and the flesh has softened right through to the centre. Alternatively, to bake them, preheat the oven to 220C/425F/Gas 7. Place the eggplants in a roasting tin and roast them whole in the oven 40-45 minutes.
2. Meanwhile put a good drizzle of oil in a large frying pan over a medium heat and fry chopped onion until golden and then add garlic and put the heat to low, ensuring you cook them through rather than simply browning them.

Stir in the turmeric. Add the diced tomatoes to the pan and cook for about 15-20 minutes, or until they break down and are cooked through, then turn off the heat and set the pan aside.

3. Once the eggplants are cooked, score the eggplant skin from stalk to base and scoop out the flesh using a large spoon. Stir this into the onion, garlic and tomatoes. Place the pan over a medium-high heat and cook through for a few minutes, mashing a little as you go. Lastly, add the tomato purée, and sea salt, stir well and cook for a further 6-8 minutes, stirring occasionally to prevent the mixture from browning.

4. Make lots of little holes in the eggplant mixture and pour the beaten eggs straight into the pan, but do not stir in the egg. You want to ensure the eggs are cooking and solidifying before you incorporate them, they take about 5-6 minutes to become opaque. Once cooked, give the mixture one final stir and remove the pan from the heat. Leave the mixture to cool for 20 minutes, as this dish is best served warm rather than piping hot.