
SZECHWAN EGGPLANT SALSA

from: *Celebrate the Rain*

Ingredients

¼ cup vegetable oil
1 large eggplant (about 1 ¼ pounds), cut into ½ inch cubes
¼ cup chicken broth
1 tablespoon rice vinegar
1 tablespoon dry sherry
1 teaspoon minced garlic
1 tablespoon minced or grated ginger
1 teaspoon Szechwan chili paste
1 teaspoon hoisin sauce
1 red bell pepper, cored, seeded, and cut into ¼ inch dice
2 tablespoons packed light brown sugar
3 green onions, thinly sliced
½ teaspoon toasted sesame oil

- Heat the oil in a large heavy skillet over medium-high heat. Add the eggplant and stir-fry until tender and lightly browned, 3-5 minutes. Transfer to paper towels to drain.

- Add the broth, vinegar, sherry, garlic, ginger, chili paste, and hoisin sauce to the skillet, and cook for 30 seconds. Add the bell pepper, soy sauce, brown sugar, and eggplant and cook until the eggplant has absorbed most of the liquid, about 1 minute. Remove skillet from heat, add the green onions and sesame oil, and stir well. Let cool.

- Serve the salsa at room temperature, with baked pita chips (which can easily be made by cutting pitas into wedges, baking them at 350 degrees in the oven until they are lightly browned and crisp for about 10 minutes)

- Makes 8 servings

COOKING WITH

EGGPLANT



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EGGPLANT TIPS & FACTS

1 medium Eggplant = 4 cups, cubed = 14 ounces

Eggplant is rarely peeled for recipes; but do cut away any soft spots or blemishes.

When slicing an eggplant crosswise, first cut off a strip of peel on each of two opposite sides of the eggplant from stem end to blossom end. Put one cut side down to keep the eggplant from rolling on the cutting board. On the other cut side, the knife is less likely to slip because it doesn't have to first puncture the seal.

It is part of the nightshade (Solanaceae) family, which also includes tomatoes, potatoes, and chili peppers.

An eggplant is almost 95% water.

(from: moosewood cookbook, healthdiaries.com)

EGGPLANT ENVELOPES

from: *Celebrate the Rain*

Ingredients

- 1 pound eggplant, stem end trimmed and cut lengthwise into 1/3 inch slices
- 2 teaspoons salt, more if needed
- 4 tablespoons olive oil, divided
- Freshly ground black pepper
- 2 plum (Roma) tomatoes, seeded and diced
- 3 tablespoons minced fresh parsley, divided
- 1/4 cup crumbled feta cheese
- 2 large fresh basil leaves, finely shredded

- Preheat the broiler and set the rack about 3 inches below the element. Working with 4 inner eggplant slices, rub the salt onto both side of each slice and let the eggplant drain in a colander for 10 minutes. Rinse the eggplant and pat dry with a towel. Brush both sides of the eggplant slices with 3 tablespoons of the olive oil and set them on a baking sheet. Lightly pepper the top of each slice and broil the eggplant until golden and tender, about 6 to 8 minutes, turning the slices once.

- While the eggplant is cooking, heat the remaining 1 tablespoon of olive oil in a small skillet over medium heat. Add the tomato and saute until soft, about 4 minutes. Stir in 1 1/2 tablespoons of the parsley; set aside

- When the eggplant is ready, set the baking sheet on a wire rack. Turn the eggplant slices over so the peppered side is facing up. Spread 1 tablespoon of feta cheese on each slice and top with the tomato mixture. Sprinkle the basil evenly over the tomato mixture. Then fold the eggplant slices in thirds (like folding a letter), beginning with the wider, base end, then folding the narrower, stem end over that. Sprinkle with the reserved parsley and serve right away.

- Makes 4 servings

EGGPLANT PEPPER RELISH

from: allrecipes.com

3 medium sweet red peppers, cut in half lengthwise
3 medium sweet yellow peppers, cut in half lengthwise
1 medium eggplant, halved lengthwise
2 tablespoons olive oil
1 garlic clove, minced
1/4 cup minced fresh parsley
1 tablespoon minced fresh oregano
3/4 teaspoon salt
1/4 teaspoon pepper

- Place peppers skin side up on a broiler pan. Broil for 10-15 minutes or until tender and skin is blistered. Place in a bowl; cover and let stand for 15-20 minutes. Peel off and discard charred skin.
- Broil eggplant skin side up for 5-7 minutes or until tender and skin is blistered. Place in a bowl, cover and let stand for 15-20 minutes. Peel off and discard charred skin. Cut peppers into strips and eggplant into cubes.
- In a large bowl, combine the oil and garlic. Add peppers, eggplant, parsley, oregano, salt and pepper. Toss to coat. Serve at room temperature.

EASY EGGPLANT

from: cooks.com

2 tbsp. butter
1 sm. onion
1 green pepper, diced
4 tomatoes, peeled & chopped or 1 lb. can tomatoes (cut up)
1 med. to lg. eggplant, cubed (unpeeled)
1/2 tsp. basil
1/4 tsp. oregano
Salt & pepper as desired

Saute onion and green pepper in butter in a large skillet. Add chopped tomatoes and simmer a few minutes. Add eggplant, herbs and seasonings. Cook over medium heat about 15 minutes, or until vegetables are tender.

Serve hot garnished with bacon bits, as a side dish with dinner or as a supper dish (spoon over hot rice). Serves 4 or more. (Zucchini and other squash may be substituted for eggplant.)

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CHICKPEA, EGGPLANT, & TOMATO TARTS

from: epicurious.com

1 (1-lb.) eggplant
1 3/4 teaspoons salt
1/2 cup extra virgin olive oil
1 medium onion, halved lengthwise, then cut crosswise into 1/2 inch-thick slices
1 Turkish or 1/2 California bay leaf
3 garlic cloves, minced
1 (14 1/2 - 16 ounce) can stewed tomatoes, drained, reserving juice, and coarsely chopped
1/2 teaspoon paprika (not hot)
1/8 teaspoon ground cumin
1 (15 to 19 oz.) can chickpeas, rinsed and drained
1 teaspoon sugar
1 1/2 teaspoons black pepper
1.4 cup coarsely chopped fresh flat-leaf parsley
6 (17 by 12 inch) phyllo sheets (from a 1-lb. package), thawed if frozen
Garnish: fresh flat-leaf parsley leaves, torn into pieces

Make filling:

Peel eggplant and cut into 1/2 inch cubes. Toss with 1 teaspoon salt in a large bowl and let stand 15 minutes, then rinse in a colander under cold water and squeeze out excess water.

Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook onion with bay leaf, stirring occasionally, until golden, about 5 minutes. Add 1 tablespoon oil, eggplant, and garlic and cook, stirring, until eggplant is tender, 8 to 10 minutes. Add tomatoes (without juice), paprika, and cumin and cook, stirring, 3 minutes. Add reserved tomato juice, chickpeas, sugar, 1/2 teaspoon pepper, and remaining 3/4 teaspoon salt and simmer, stirring occasionally, until filling is thickened and most of liquid is

evaporated, about 5 minutes. Remove from heat and stir in parsley, then discard bay leaf.

Make tarts:

Put oven rack in middle position and preheat oven to 425 degrees. Line a large baking sheet with foil.

Unroll phyllo and cover stack with plastic wrap and a dampened kitchen towel. Keeping remaining phyllo covered, lightly brush 1 phyllo sheet with some of remaining oil and top with 2 more sheets, brushing each with oil. Sprinkle with 1/2 teaspoon pepper, then cut stack in half crosswise with a sharp knife. Spoon 1 cup filling into center of each half. Crumple edges of phyllo and shape into a crescent, leaving filling exposed, then transfer to baking sheet using a spatula. Make 2 more tarts in same manner, arranging about 1/2 inch apart on baking sheet.

Bake, rotating sheet 180 degrees after 10 minutes, until edges of tarts are golden, 15 to 20 total. Serve immediately.

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