

ZAALOUK (MASHED EGGPLANT SALAD)

Ingredients

8 Ping Tung Eggplant,
about 2 pounds

2 Long Hot Peppers

1 medium Onion, about
1 Cup chopped

3 or 4 Garlic Cloves,
minced

1 teaspoon Cumin

1 teaspoon Oregano

3 Tablespoons Lemon
Juice from 1 large
Lemon

3 Tablespoons First
Fresh Extra Virgin
Olive Oil

1 teaspoon Salt

Directions

Place Eggplant and Peppers over a flame and char skin until well blistered, then set aside to cool. This can also be done under a broiler or over a grill, or baked at 400F for 20 minutes or so, but the charred flavor is superior!

When cool, remove the skin from each with your fingers and a small serrated knife for the stubborn sections.

Cut off the stem from each, remove seeds from Peppers and chop coarsely before placing in a medium mixing bowl with the Eggplant. Sauté Onion & Garlic until golden and tender, then add Cumin and Oregano until fragrant.

Use a fork or Potato masher to mash the Eggplant roughly, then add the Onion mixture, Salt, Lemon Juice & Olive Oil.

Mix well and allow to infuse for an hour or more before serving.

Garnish with fresh herbs and an extra splash of EVO, Pita or Flatbread on the side.