

PICKLED EGGPLANT

Ingredients

2 pounds slender
Eggplant

2 Cups Red Wine
Vinegar

1 Cup Water

1 teaspoon chopped
Garlic

1 Tablespoon Cumin
Seeds

1 Tablespoon Salt + 2
teaspoons extra

¼ Cup Sugar

Directions

Slice Eggplant into quarters and trim to fit into
canning jars.

Sprinkle about 2 teaspoons Salt over the slices and
place in a colander to drain for 30 minutes or so.

In a small dry pan toast Cumin Seeds until fragrant,
about a minute over medium heat.

When ready, bring remaining ingredients to a boil, tip
in Cumin and add Eggplant slices for one minute.

Let cool in the pot before placing slices snugly into 2 x
pint size canning jars.

Secure the lid and place in a refrigerator for at least 24
hours before consuming.

Use as a condiment with Curries and cheese platters!