



Marinated Eggplants

Overview

Servings: 4

Ingredients

Eggplants:

Marinating Time: 12 hours

600g Eggplants

150g Salt

750ml Water

4 Bay Leaves

300ml White Wine Vinegar

1 Chilli Or Cayenne Pepper

Flavoured Oil:

5 Cloves Garlic

¼ Teaspoon Oregano

200ml Olive Oil

5 Peppercorns

Methods

1. Wash the eggplants, peel and cut into slices 2-3cm thick. Sprinkle the slices with plenty of salt to remove the bitterness. Then cover and leave to rest for 2 hours.
2. Next, wash the eggplants well to remove the salt. Then pat dry and cut into sticks.
3. For the marinade bring water, bay leaves, vinegar and chilli to boil in a pan at setting 5 for approx. 7 minutes. Add the eggplants, turn down to setting 4 or lower and cook for 3½ minutes.
4. Cover and allow the eggplants to infuse in the marinade for 12 hours. Then drain and place in a dish.
5. For the flavoured oil peel the garlic cloves, chop finely and mix in a bowl with the oregano, oil and freshly ground peppercorns.
6. Pour the flavoured oil over the eggplants.

Tip: Serve the marinated eggplants with toasted bread.