

## Eggplant

### Store

- In cool, dark, dry place 2-3 days.
- Keep cold storage to a minimum – 2-3 days.

### Prepare

- Cut off the stalk and prepare according to how you want to use it.
- Slice eggplant for frying, BBQ, bakes or dice for stir fry, vegetable dishes.

### Cook

- Fry in small amount of oil. Eggplant soaks up oil so turn regularly.
- BBQ or grill – brush thinly sliced eggplant with a little oil then cook on both sides until tender and browned.
- Roast whole eggplants 200 deg for 1 hour – prick it a few times with a knife.

### Add Flavour

- Layer fried eggplant in a dish with a layer of pasta sauce on top and then add grated cheddar cheese.

### Vege Up

- Add diced eggplants to vegetable dishes, vegetable curries, and meat dishes. It goes really well with tomatoes, zucchini, onions and garlic.
- Put on a mixed vegetable kebab or inter thread it with marinated meat or chicken.



## Recipe Ideas

### Baked Eggplant Layer

- 1 large eggplant, thinly sliced
- Oil
- 1 red onion, finely sliced
- 2 cloves garlic, finely chopped
- 400g can chopped tomatoes
- 1 teaspoon sugar
- 3 tablespoons fresh basil
- Salt and pepper
- ½ cup grated cheese



Preheat oven to 190°C. Lightly oil an oven tray and lay the eggplant slices on it. Bake for 10 minutes.

Meanwhile heat 1 tablespoon oil in a large pot and cook onion and garlic until softened. Add tomatoes and sugar and simmer for about 4 minutes or until sauce is reduced. Add most of the basil and taste for salt and pepper.

Place 1/3 of the eggplant slices in a lightly greased shallow ovenproof dish. Spoon over half the tomato sauce.

Make another eggplant layer and top with remaining sauce. Sprinkle with cheese and bake for 15 mins. Serve with remaining basil over the top.