



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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EGGPLANT RECIPES

These recipes updated 10/14/2011

Fried Eggplant Salad for Four

From 9/07

1 large or 2 small eggplants (about 1 1/2 pounds)
about 1/2 cup olive oil
1 medium onion, thinly sliced
1 large clove garlic, minced
Juice of 2 lemons
salt and freshly ground black pepper
chopped fresh parsley
lemon wedges

1. Cut the stem from the eggplant and slice it in half lengthwise. Cut each half into 1/4-inch-thick slices. Place the slices in a colander, sprinkle them with salt, and let stand 30 minutes. Brush the eggplant with paper towels to remove the salt; pat dry.
2. Heat 2 tablespoons of the oil in a large heavy skillet over medium heat until hot but not smoking. Add enough eggplant slices to cover the bottom. Sprinkle lightly with more oil, and sauté until golden brown on both sides. Drain on paper towels. Continue to sauté the eggplant slices, adding more oil as needed.
3. Pour off all but 2 teaspoons of oil from the skillet. Add the onion and fry over medium-low heat for one minute; add the garlic; cook until lightly browned, about 5 minutes.
4. Place 1/4 of the eggplant on the bottom of a deep, narrow serving bowl. Sprinkle with the juice of lemon. Sprinkle with salt and pepper to taste. Top with 1/4 of the onion mixture. Continue to layer, squeezing lemon juice over each successive layer of eggplant, until all ingredients are used up. End with the onion mixture. Chill well. Serve garnished with parsley and lemon wedges.

Eggplant and Barley Salad

From 9/08

This recipe may have ingredients that you don't have on-hand, but it won't suffer terribly if you make some substitutions.

1 eggplant (about 1 1/2 lbs) cut into 1/2-inch cubes
3/4 lb. zucchini, cut into 1/2-inch cubes
olive oil
1 t salt
1 t black pepper
1 cup thinly sliced onion
1 1/2 t ground cumin
1/2 t ground coriander
1/4 t cayenne
1 1/4 c pearl barley
8 to 14 oz of chicken or vegetable broth
water
2 T fresh lemon juice
2 or 3 cloves garlic
1/2 lb. tomatoes, chopped
1 cup chopped flat-leaf parsley
1/2 cup chopped fresh mint

VEGGIES: Preheat oven to 425°. Toss the eggplant and zucchini with 5 T of the oil and some of the salt and pepper in a bowl. Then spread in 2 oiled, large shallow baking pans. Put the pan on the oven racks in the upper third of the oven. Roast the vegetables, stirring occasionally, until they are brown and tender – about 20 minutes.

BARLEY: Heat some oil and cook the onion, cumin, coriander and cayenne for about a minute. Add the barley and coat it with oil. Add the broth and water and bring to a boil. Reduce the heat and simmer covered, until all of the liquid is absorbed and the barley is tender, 30 to 40 minutes. After it is cooked, let it stand, covered, 5 minutes. Transfer it to a shallow baking pan and spread it to cool to room temperature, about 20 minutes.

DRESSING: Whisk together the lemon juice, garlic, sugar, salt and pepper, and 3 T oil in a large bowl. Add the barley, roasted vegetables and remaining ingredients, and toss.

Baba Ghanoush

From 9/06

Baba Ghanoush is a “MUST” at least once per summer, a delicious appetizer from the middle east, and a wonderful way to enjoy eggplant. It is eaten with tortilla chips or toasted pita bread, with a few sliced tomatoes on the side.

1 1/2-lb of eggplant
3 Tb lemon juice (or more to taste)
1 tsp salt
2 tsp minced garlic
1/2 cup tahini (or more if you wish)
2 Tb olive oil
1 tsp toasted sesame oil (optional)

Bake the whole eggplant until the flesh is soft. Let it cool. Halve it and scoop out the flesh from the skin. Mash the salt and garlic together, mix with the sesame paste and combine with the eggplant. Beat in a mixer or food processor with the lemon juice, until smooth. Put the Baba Ghanoush in a serving dish. Drizzle the olive oil and optional sesame oil over the top.

Sautéed Eggplant with Mediterranean Vegetables

From 9/07

1 1/2 lb Japanese or Chinese eggplant, cut into
1-inch chunks
salt
pepper
olive oil
sweet peppers, any variety, yellow, orange or red,
1 1/2 to 2 cups cut into 1/2-inch dice
1 cup sliced onions
2 cups chopped tomatoes
2 cloves garlic
1/2 cup fresh basil leaves

Heat about 2 tablespoons of olive oil and cook the peppers and onions until tender, but not browned, about 10 minutes. Add tomatoes and season with pepper. Cook, covered, for 2 minutes, set aside. Heat some additional oil in the sauté pan and sauté the eggplant until lightly browned and tender. Stir in the tomato mixture, and cook gently for 5 minutes.

Mash together the garlic and 1/2 teaspoon salt. Finely chop the basil and mash with garlic until it forms a paste. Blend into the eggplant mixture and cook for a few more minutes.

Eggplant Over Couscous

--*Patricia Ikeda-Nash*

Full Belly subscriber, Oakland

From 8/07

For lunch today I cut half an eggplant into dice a little smaller than Scrabble tiles, and added them to a wok with some hot olive oil in the bottom, tossed it a bit with the spatula and let it cook. After about three minutes I added some diced red onion and diced organic red pepper (from the farmer's market) and cooked everything until it was tender. Next I added 3 cloves of minced garlic, cooked the mixture for 1 minute more, then added paprika, hot pepper flakes, a generous amount of cumin, and enough vegetable broth to make a sauce. I finished it with a splash of lemon juice. I was thinking of adding a tomato, but didn't need to because the mixture was fine as it was. I ladled the vegetables from Full Belly over some organic couscous, and feasted. Delicious! Thank you.

Eggplant, Tomato and Feta Sandwiches

From 7/06

1 small eggplant
2 garlic cloves, minced
2 tablespoons olive oil
3 small tomatoes, sliced
1 cup fresh basil leaves
2 Flatbread rounds
3 ounces crumbled feta cheese
1 1/2 tablespoons white balsamic vinegar
1/2 teaspoon freshly ground pepper
Mixed salad greens (optional)

Cut eggplant lengthwise into 6 (1/2"-thick) slices. Sprinkle cut sides with salt. Place in a single layer on paper towels. Let stand 1 hour. Stir together garlic and olive oil. Let stand 5 minutes. Rinse eggplant with water and pat dry. Brush eggplant and tomato with garlic mixture. Place eggplant in a single layer on baking sheets. Broil eggplant 5" from heat (with electric oven door partially open) 3 minutes on each side. Cool. Place basil leaves on bread rounds. Top evenly with cheese, eggplant and tomato. Drizzle with vinegar, and sprinkle with pepper. Roll up and cut diagonally in half. Serve with salad greens, if desired.

Fried Eggplant Salad

From 7/07

1 large or 2 small eggplants (about 1 1/2 pounds)
salt
about 1/2 cup olive oil
1 medium onion, halved and thinly sliced
1 large clove minced garlic
juice of 2 lemons & some lemon wedges
salt and freshly ground black pepper

- 1.** Cut the stem from the eggplant and slice it in half lengthwise. Cut each half into 1/4-inch-thick slices. Place the slices in a colander, sprinkle with salt and let stand 30 minutes. Brush the eggplant with paper towels to remove the salt and pat dry.
 - 2.** Heat 2 tablespoons of the oil in a large heavy skillet over medium heat. Add eggplant and sauté until golden brown on both sides.
 - 3.** Pour off all but 2 teaspoons of any extra oil in the skillet. Add the onion and sauté over medium-low heat for a minute. Then add the garlic and cook until lightly brown – about 5 minutes.
 - 4.** Place one fourth of the eggplant into the bottom of a deep, narrow serving bowl. Sprinkle with the lemon juice, salt and pepper to taste. Top with 1/4 of the onion/garlic mixture. Continue to layer, squeezing lemon juice over the eggplant each successive layer, until all the ingredients are used. End with the onion mixture and lemon wedges. Serve chilled.
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Roasted or Grilled Eggplant, Squash and Onions

From 7/08

The fast, easy, delicious way to prepare eggplant, squash or onions is to roast them in the oven, or grill them if you have a grill. Trim off the stems of the eggplant (no need to peel) and slice it at least 1/2 inch thick. Cut the onions into quarters and the squash lengthwise into two. Don't make the pieces too small – they will dry out! Generously sprinkle olive oil and salt over all of the vegetables. If you are roasting, arrange the vegetables in an oiled, shallow pan. Preheat the oven or the grill to 400°. Put the vegetables in the oven and watch them carefully. They may cook at different speeds. The eggplant is done when it is soft inside and browned on the surface. The onions will take longer.

Hearty Autumn Pasta

From 7/04

Patricia Ikeda-Nash sent us this recipe last October. Since it has onions, garlic and eggplant in it, we thought it might come in handy now as well. Fresh tomatoes from your box could be substituted for the tomato sauce that this recipe calls for. Serves 4.

Pasta--try something interesting, like campanelle

Olive oil

Eggplant, cut into small pieces

Onions and garlic if you like, minced

Your favorite bottled "red sauce" for pasta

Basil -- fresh, chopped up, around a handful

Nate's Savory Mushroom Meatless Meatballs (available in health food stores, frozen section)

Kalamata olives

Parmesan or asiago cheese, grated

Boil the pasta.

Heat a large skillet or wok, add some olive oil (eggplant soaks up a lot so you might need to add a little more than you think), then sauté the eggplant pieces, stirring when needed, until they become soft. Add minced onions, sauté until soft, then minced garlic, but don't let the garlic burn. Add the red sauce (or fresh tomatoes!) and throw in a handful or so of fresh basil. Heat to boiling, then add around half a package of the meatless meatballs and simmer for 10 minutes. Serve over the cooked pasta, and add some of the best kalamata olives you can find and, if you like, some grated cheese. (The sauce is even better the next day because the flavors meld together.)

Armenian Eggplant with Yogurt

From 8/2010

Dear Full Belly,

This is my latest favorite eggplant dish.

Armenian Eggplant with Yogurt

2 large globe eggplants, cut into 1" cubes

Salt

Olive oil

1 quart plain yogurt

2 cloves garlic, pressed or minced (or more or less to taste)

Fresh tomato, optional

Salt the eggplant cubes generously and let drain in a colander at least half an hour. (This keeps it from absorbing as much oil and seems to take out the bitterness as well.) Then rinse the eggplant in water and pat dry.

Heat 1/2" or so of olive oil in a large skillet and add a layer of eggplant cubes. (You may have to work in batches.) Fry, turning frequently, until really golden brown. Remove from oil with a slotted spoon and spread out in a layer in the bottom of a 9"x13" baking dish.

Mix yogurt and garlic. Spread this mixture over eggplant. If desired, cut tomato in half and gently grate cut side of tomato over top of yogurt layer as garnish. (It will give it a sprinkle of pink to the dish.) Serve cold or at room temperature.

-- Pam Tellev

Roasted Eggplant and Tomato Salad

From 9/2010

1 pound eggplant, peeled, cut into 1-inch pieces
2 tablespoons olive oil
8 large garlic cloves, peeled
2 tomatoes, chopped
1/4 cup chopped onion
2 tablespoons chopped fresh basil
2 tablespoons red wine vinegar

Preheat oven to 350 degrees F. Place eggplant in 13 x 9 x 2-inch roasting pan. Drizzle oil over; toss to coat. Roast 20 minutes. Add garlic and onion; continue to roast until the veggies are tender, stirring occasionally, about 25 minutes longer. Remove from oven. Cool slightly. Finely chop garlic cloves. Transfer to a serving bowl. Mix the tomatoes and basil into the eggplant mixture. Season with salt and pepper. Cool to room temperature. (Can be made 2 hours ahead. Let stand at room temperature.) We didn't have basil, but used french tarragon when we made this salad and it was delicious.

Grilled Eggplant and Heirloom Tomato Sandwiches

(Recipe for 4)

From 8/2011

1 eggplant cut into 1/4-inch slices – This will work fine with any type of eggplant.

1 teaspoon salt

1 tablespoon olive oil

2 tablespoons balsamic vinegar

2 cloves garlic, minced

2 peppers, roasted or grilled and sliced

1 or 2 heirloom tomatoes, sliced

8 1/2-inch-thick slices of your favorite sandwich bread

Optional: Aioli or mayonnaise to spread on the bread

Preheat the grill or broiler. Brush the olive oil lightly over both sides of the eggplant and sprinkle with salt. Grill or broil the eggplant until tender, 3 or 4 minutes per side. Place in a bowl and toss with 1 tablespoon of vinegar and half of the minced garlic.

Cut the tops off the peppers, slice in half and remove the seeds. Grill or broil the peppers until tender and then toss them in a bowl with the remaining vinegar and garlic.

Grill, broil or toast the bread. If you are using aioli or mayonnaise spread it on the bread and then assemble the sandwiches with layers of eggplant, peppers and tomatoes.

Picnic!