Char Grilled Eggplant

Makes approx. 28 tastes

Fresh from the Garden: eggplants, garlic, herbs, lemons

Notes for volunteers:
• Excess eggplant can be stored in sterilised jars, covered with olive oil.
• Crushed dried or chopped fresh chilli can also be added to the dressing.
• Fresh herbs are tasty but dried herbs are better if you want to store the eggplants for any length of time.
• Other vegetables, such as zucchini, green beans, mushrooms, capsicum etc. can be treated the same way or mixed with the eggplant.
• Focus Skill: Char grilling, marinating in a dressing, preserving in oil.

Ingredients
Eggplants
1 cup extra virgin olive oil
¼ cup balsamic vinegar
1 tbsp dried herbs
2 cloves of garlic
1 tbsp lemon rind, finely grated
1 tsp salt
½ tsp pepper

Method
1. Heat up the grill plate.
2. Cut the eggplant into thin slices lengthwise.
3. Mix together the remaining ingredients in a large bowl.
4. Lay the slices on the grill plate. When you begin to see the eggplant cooking through from the other side use tongs to turn the slices over.
5. Drop the warm, cooked slices into the marinade/dressing.
6. Repeat with more batches of eggplant until they are all cooked.
7. To store the eggplant, pack the slices tightly into jars and top up with olive oil.
8. Eat the eggplant as part of an antipasto platter, as part of a pasta sauce, in a salad or as a topping for pizza.

Did you know?
• Eggplant is also called aubergine. We call the rich purple colour ‘aubergine’ after this fruit/vegetable.
• Eggplants originated in Asia.
• Eggplants come in many different colours, sizes and shapes. Some are green and the size of peas. They can be white, pink, orange, red, mauve, striped or rich purple-black, like the ones we usually see. Some are white and the size and shape of an egg, which is why they got the name ‘eggplant’

Recipe Reference: Recipe by Nikki Bird.