

delle

EGGPLANT + CURRY + YOGURT

Ingredients:

- 2-3 Large Eggplants
- 1 Cup Greek Yogurt
- 1 Lime, Zested and Juiced
- 1 tsp Turmeric Powder
- 2 TBLS Yellow Curry Powder
- Kosher Salt and Pepper to taste
- ½ Cup Mint Leaves, Washed and Dried
- 1 Cup Fried Shallots
- 2-3 inch Knob of Ginger
- 1 tsp Cumin Seed, Toasted and Crushed
- 1 TBLS Coriander Seed, Toasted and Crushed
- ½ Cup Walnuts, Toasted and Chopped
- ¼ Cup Barberries, Soaked and Rinsed
- Neutral Oil



What You'll Need:

- Cutting Board
- Wire Rack
- Tongs
- Baking Sheet
- Parchment Paper
- Paper Towels
- Mixing Bowls
- Knife
- Peeler
- Saute Pan
- Knife
- Colander

- Cutting Board
- Microplane
- Mortar and Pestle (optional*)
- Slotted Spoon

Procedure:

1. Preheat oven to 450°F. Peel eggplant (optional) and cut into 1-2 inch rings. Lay on wire rack and sprinkle with kosher salt to draw out moisture and bitterness. After 20 minutes, pat dry with paper towels. Rub with neutral oil, and roast for 40-50 minutes until tender and browned.
2. Meanwhile, mix yogurt with curry powder, turmeric, lime zest, and half the juice. Season with salt and pepper and a glug of olive oil to taste. Stir and fridge to keep cold.
3. Slice shallots thinly and fry in neutral oil until golden brown and crisp. Drain on paper towels or wire rack and immediately season with kosher salt. Grate ginger finely and mix with fried shallots. iMeanwhile, toast spices on a low flame just until fragrant. Coarsely grind and set aside. Toast walnuts, chop and set aside.
4. To serve, place a large heaping spoonful of yogurt on the plate. With the back of a spoon swirl yogurt across the plate to create a bed for the eggplant. Gently place a few slices of caramelized eggplant onto the place, sprinkle with spices, top with almonds and shallots. To finish, top with baby mint leaves and a pinch of barberries for color and tartness.

Taste as you go, season as you go. I don't really believe in recipes – I think they provide great guidelines and are the genesis of inspiration. So, use this as a tool! If you feel you want more cumin, more lime, or if it needs more salt — Go for it! We all taste differently, so use this recipe as your canvas & fill in the gaps yourself!

Eat Well. Cook Often.

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