

CHEF'S EGGPLANT



Ingredients (serves 8 people):

- 2 large eggplants
- 5 cloves sliced garlic
- 1 large sliced very large transverse blade
- ½ cup extra virgin olive oil
- ¼ cup white vinegar
- 1 bay leaf
- ¼ cup chopped green olives
- ½ seedless and minced red pepper
- ¼ cup chopped parsley
- Dry oregano to taste
- Extra virgin olive oil to cover to taste
- Salt to taste
- Black pepper to taste

Preparation:

1. Peel and cut the eggplants into sticks, ie thin sticks.
2. To arrange the eggplants in a sieve and to sprinkle enough salt.
3. Let dehydrate for 40 minutes.
4. Wash in plenty of running water and rub slowly to loosen the seeds a little.
5. Squeeze all the eggplant slowly, gently between the two hands. Reserve.

6. In a pan, heat the cup of olive oil and brown the garlic.
7. Add the onion and let it sweat.
8. Add the squeezed eggplants.
9. Drop the eggplants with the help of a fork and sauté.
10. Then add the vinegar and simmer for 5 minutes.
11. Add the remaining ingredients and leave another 3 minutes.
12. Set the spices and transfer to a refractory to cool. Cover with olive oil.
13. Serve the next day with toast or crackers and store in refrigerator covered with olive oil for up to 30 days.