



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

EGGPLANT



AVAILABLE

All year. Cheaper Summer-early Autumn.

STORE

Fridge or a cool, dry place. Will keep for up to 2 weeks.

EAT

Raw or cooked.

PREPARE

1. Wash in running water and trim ends
2. Salt (Optional): Slice into 2cm thick rounds, place in colander and sprinkle with 1 tsp Salt. After 20-30 minutes, rinse with water and pat dry with paper towel. Salting reduces eggplant's bitterness; younger cultivars may not require salting.
3. Slice or dice

*Salting reduces eggplant's bitterness. New cultivars tend to be less bitter and salting is often not necessary.

COOK

Grill: On high. Sliced eggplant. Turn once. 5 minutes.

Roast: Whole: In preheated oven at 180°C. 30 minutes.

Roast: Diced or sliced: In preheated oven at 180°C.

Drizzle with olive oil. Place on baking tray. 15-20 minutes.

Microwave: High. Sliced eggplant. 5-6 minutes.

Freeze: Wash. Peel the skin. Slice into 1cm slices. Boil for 3 minutes. Drain. Plunge into cold water. Drain.

Freeze in bags. Can be frozen for 12 months.

N.B. Do not freeze eggplants that have soft spots or a mismatch of purple colour .

TASTY IDEAS

- Add roasted/grilled eggplant to pizza, pasta sauces.
- Add to stews, casseroles or make Ratatouille.
- Make eggplant dip (baba ganoush). Roast 1 eggplant whole. Peel. Puree with 1 clove crushed garlic and juice of half a lemon.

Food match: cheese, capsicum, onions, courgettes and tomatoes.