

RECIPE OF THE WEEK

Rosemary Roasted Eggplant

Ingredients

- 2 large eggplants
- 1-2 tbsp. olive oil
- 1 tsp. salt
- dried rosemary



Preparation

1. Slice the eggplants in half and then use a knife to cut deep diagonal lines from one side to the other and then cut diagonal lines the other way so they intersect each other.
2. Sprinkle salt all over the tops and squeeze the eggplants on either side to open up the diagonal grooves. Get some more salt into the grooves but don't use too much – around 1 tsp. in total is enough.
3. Leave the eggplants lying face up for about 30 minutes to let the salt draw excess moisture and bitterness out.
4. After 30 minutes, squeeze off the excess water and use a paper towel to blot and remove excess salt.
5. Brush with olive oil and sprinkle some dried rosemary. Place the eggplants face down on a parchment-lined baking tray.
6. Bake the eggplants in the oven for around 60 minutes at 400°F.
7. Once the eggplants look sort of collapsed, they are ready.
8. Take out from the oven and let it cool down for around 15-20 minutes. Use a spatula to flip them over and serve with an extra sprinkle of dried rosemary spice.

