

Smoked Eggplant with Toasted Sourdough



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Simon Toohey

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Tea infused
- Festivities Name
Autumn
Spring
Summer
Winter

Used Teas



Comfort Natural
Herbal Tea

Ingredients

Smoked Eggplant with Toasted Sourdough

- 1 Eggplant
- 1 Olive Oil
- Garlic Clove 1 bunch



- 200ml Parsley
- 100ml Dilmah Comfort tea
- 1 slice Eggplant Liquid
- 45ml Sourdough Bread
- 1 Pinch Salt and Pepper

Methods and Directions

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- Place the eggplant over the stove top flames or in coals of a fire or in the oven. Cook until cooked through and soft approx. – 20min. Place in a bowl and cover to steam and release all its liquid.
- In the meantime, make the crumble by heating up the bread and garlic and toast in a pan with the olive oil until golden and crisp. Finely dice the parsley and mix in with the crumble.
- Make the sauce by straining off the liquid from the eggplant. Pour 100ml of the liquid into a bowl and whisk in the Dilmah comfort tea. Add a pinch of salt and pepper.
- With the eggplant. Place on a plate top with all the crumble (more the merrier here) and then Pour the sauce around the bottom to serve.

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