



## RECIPE OF THE WEEK: 05/04/2021

### Melitzanosalata (Aubergine dip)

Melitzanosalata is a simple but tasty dip which can be served as a starter or with other dishes as part of a meze platter. It is made of smoky roasted or grilled aubergine flesh, garlic, lemon juice and olive oil which when combined creates a flavourful dish.

**Serves 4 as a starter or as part of a meze platter**

#### Ingredients

3 large aubergines  
1 medium onion finely chopped  
2 cloves garlic, crushed  
Juice of ½ lemon  
125ml extra virgin olive oil  
Sea salt and freshly ground pepper

#### To garnish:

A small handful of flat-leaf fresh parsley, chopped finely  
4 olives



#### Method

1. Preheat the oven to 180 °C/ 160° fan / gas mark 4.
2. Place the aubergines on a tray and prick them with a fork for a few times before putting them in the oven.
3. Bake in the oven for about 50-60 minutes or until soft. Alternatively, chargrill or grill the aubergines until the skin blisters and the flesh is soft.
4. Remove aubergines from the oven or grill and cool slightly. Peel them under cold tap water and chop flesh roughly.
5. Combine with the onion and garlic in a blender or food processor and process until smooth. Add the aubergine flesh and process for a few seconds. Transfer to a bowl and add the lemon juice and the olive oil and mix in well. Add seasoning to taste.
6. Refrigerate the aubergine dip for several hours or overnight to allow the flavours to develop.
7. Serve with crusty bread or pitta.
8. Garnish with parsley and olives.

#### Note:

As a variation you may add in the blender 2 tbsp of yogurt or mayonnaise or 50g feta and one skinned ripe tomato when making the aubergine dip.

Instead of using a blender or food processor you may chop the aubergine flesh finely with a large knife and combine the other ingredients.