

Fez Cooking School



At Palais Amani

Zaâlouk

Ingredients:

- 2.5 lbs Eggplant
- 1 lbs ripe tomatoes
- 1 large bunch coriander/cilantro (Could be finely chopped in advance)
- 4 cloves of garlic (could be grated in advance)
- 1tsp (4g) sweet paprika
- 1 tsp (4g) ground cumin
- 1 tsp (4g) salt
- ½ cup of olive oil
- Spicy version: 1 tsp (4g) chili pepper

Serves 4 people Preparation time: 4

Equipment:

- Grater
- Chopping board and sharp knife
- Wire grill like for a barbecue, or oven grill
- Garlic Crusher (the grater could be used instead)
- Wooden spoon
- Frying pan
- Plastic bag

Method:

- 1) Grill the aubergines.
- 2) Once skin cooked put in a plastic bag to steam
- 3) Grate the tomatoes
- 4) Cut the aubergines into very small cubes.
- 5) Wash and chop the coriander/cilantro finely.
- 6) In a frying pan, gently fry the tomato pulp, crushed garlic and all the spices, making sure it doesn't burn.
- 7) When the tomato mixture has reduced sufficiently, add the aubergine cubes. Stir gently for 15 minutes, crushing the cubes to allow the tomato and the spices to bring flavor to the aubergine.
- 8) Add the chopped bunch of coriander and if dry a bit more olive oil.
Serve hot or cold.

NB: this dish is often better the following day as it will have had time to marinate in the fridge overnight.

Bon appétit!