

Eggplant Kibbeh

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

Original recipe courtesy of Lior Lev Sercarz.

1 lb eggplant is 2-3 eggplants depending on the size.

Toast the almonds in the oven for even browning.

Step 1: Preparing the Eggplant

- 1 lb (450 g) eggplant
- 1/2 tsp white sesame seeds
- 1/4 tsp anise seeds, ground
- 1/4 tsp caraway seeds
- Extra virgin olive oil (to taste)
- Salt (to taste)

Roast the eggplant, either in the oven at 375°F, or over a gas flame on the stovetop (open your windows). Allow to cool so you can handle them, remove the skin, then mash the insides with the spices, olive oil, and salt to taste.

Step 2: Plating the Kibbeh

- 1/2 cup plant-based yogurt
- 1/2 cup slivered almonds, toasted
- 1 scallion, chopped
- Handful of fresh mint leaves
- 1/2 lemon, zest and juice

On a serving platter spread the yogurt, then add small balls of the roasted eggplant.

Garnish with almonds, scallions, mint, lemon zest and some lemon juice, and a bit more olive oil if you like.