Fire Roasted Eggplant

Ingredients

2 medium eggplants
2 banana peppers or similar mild peppers
2 tbsp olive oil
2 tbsp salt, divided
1 cup white vinegar
1 cup water
1 tsp black pepper
1 tsp cumin
1 tsp smoked paprika
1 lemon
5 oz whole milk Greek yogurt
2 garlic cloves
¼ cup chopped parsley, washed and dried
2 tbsp fresh oregano leaves, washed and dried
2 tbsp toasted sesame seeds

Method

Wash and dry the eggplants then rub with olive oil and season with 1 tsp of salt and black pepper. Grill over medium heat until the skin softens and the inside is fork tender, 15-20 min. While the eggplant cooks, place a small pot on medium-high heat with the water, vinegar and 1 tbsp of salt to make a pickling liquid. Slice the peppers into thin rings and place a heat proof bowl. Once the pickling liquid boils, pour it over the pepper rings and leave to cool for 15 minutes before covering and refrigerating. Grate the garlic into a separate bowl and add the zest of the lemon.

Add half the lemon juice and mix to combine. Taste for seasoning. Once the eggplants are cooked through, cut them down the middle, so they split open. Season the inside with the cumin and smoked paprika and 1 tsp of salt and then sear over the grill until the spices toast, 30 -45 seconds. To serve, place a large spoon of yogurt on the middle of a plate and spread to the edges in a circular motion. Place the split eggplants on top of the yogurt and scatter pieces of pickled banana pepper. Top with a squeeze of lemon, parsley, oregano, and toasted sesame.

Recipe by Chef Jacob Rich