

Eggplant Stew

Recipe from Edible Garden Chef Anisa Lewis

Ingredients

3 medium-sized eggplants (about 1 and 1/2 pounds)
8 medium-sized Roma tomatoes, chopped
1 medium yellow onion, diced
1 medium carrot, grated
4 to 6 cloves of garlic, minced
1/4 C olive oil
3/4 C split red lentils
2 t freshly ground cumin
2 T of dark chili powder
1 bell pepper, diced
1 t of cinnamon
2 T tomato paste
1/4 C fresh cilantro, chopped
1/4 C fresh parsley, chopped
1/8 C fresh dill, chopped
1 T thyme
1 T oregano, chopped
1 T crushed red pepper flakes (optional)
1.3 T salt, divided, or to taste

Method

Dice the eggplant into 1 inch cubes. Lay out some paper towels and place the eggplant on the paper towels. Sprinkle the eggplant with 1 T salt and allow it to rest for about 30 minutes. The salt will draw out a lot of the water from the eggplant. Blot the water



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away with more paper towels to remove any excess moisture. Next, in a large pot, heat 1/4 C of olive oil. Add lentils, cumin & chili powder, toasting slightly for about 3 minutes (Pay attention because you do not want the cumin to burn). Add in the onion, eggplant, peppers and garlic. Saute for 3-5 minutes, until the onions are soft and translucent. Then, add in the tomatoes, tomato paste, carrots, oregano, dill, thyme, half of the cilantro, red pepper flakes and salt and cook for about 15-20 minutes, until the tomatoes are soft and the sauce has begun simmering and thickens slightly. Add cinnamon and cook for ten minutes more. Let the stew rest for another 30 minutes or a couple of hours before serving.

Optional Garnish: Slice one yellow onion. Add a tablespoon of sumac and a dash of sea salt. Pomegranate molasses to taste. Top with the rest of the cilantro.

