



„Albergínies“ Stuffed eggplant

The use of eggplants in Spanish cooking dates back to a time before other popular ingredients like the tomato and potato had even made their way to Europe. Hannah says, “In the Middle Ages they already knew what was good. Just stuff your favorite vegetable with a combination of salty, sweet and spicy and top it with a good load of cheese. For me this dish is proof that our taste buds change over time, but certain classic combinations will never disappear.”

Ingredients - serves 3-4

- 3-4 eggplants
- 3-4 garlic cloves
- 20 g (0.7 oz) raisins
- 2-3 onions, 1 cut finely chopped and the remaining thinly sliced
- 1 egg, beaten
- 90 g (3.15 oz) grated (sheep) cheese
- Different herbs finely chopped eg: mint and marjoram
- Ground cinnamon
- Ground black pepper
- Ginger, to taste, finely chopped
- Sea salt
- 150 mL (1 cup + 1 tbsp) meat, chicken or vegetable broth
- 20 g (0.7 oz) ground almonds

Directions

1. Preheat your oven to 180° C / 350° F
2. Cut the stem off the eggplants and slice the eggplants in half lengthwise. Peel the garlic cloves
3. Boil the eggplant and garlic together in salt water for about 20 minutes. Take them out and let them cool (you can prepare this earlier).
4. Scoop out the eggplant flesh with a spoon. Be careful to leave the skin intact with a small layer of flesh still on it.
5. Cut the removed flesh into smaller pieces and place in mixing bowl.

6. Finely chop the previously boiled garlic cloves.
7. Add the chopped garlic, onion, egg, cheese, raisins and herbs to the eggplant flesh and mix together well.
8. Season the mixture with salt, black pepper, cinnamon and freshly grated ginger to taste.
9. Bring your stock/broth to a boil. Add the ground almonds into the broth and mix together. Let it simmer on low heat.
10. Spread the remaining thinly sliced onions in the bottom of an ovenproof dish.
11. Place the empty eggplants skins on top of the onions and fill them with the eggplant flesh mixture.
12. Pour the stock and almond mix over the top of the eggplants and onions.
13. Bake in the oven for around 45 minutes.