

Melanzane in saor

Takes 45 minutes + 2 days, serves 4 as a side and uses a lidded frying pan, griddle and saucepan.

INGREDIENTS

50g sultanas or raisins
30g of pine nuts
4 onions, halved and thinly sliced
2 aubergines, sliced lengthways 5mm thick
5 tablespoons extra virgin olive oil
0.5 teaspoon of salt
A pinch of pepper
1 teaspoon of sugar
3 tablespoons of white wine vinegar
1 bay leaf, finely chopped

DIRECTIONS

Place the raisins in a bowl and cover with warm water, then leave to soak until needed. Lightly toast the pine nuts in a dry pan over a medium heat.

Heat a frying pan with a lid over a medium-low heat and add 4 tablespoons of extra virgin olive oil. Place the onions in the pan, cover with a lid and cook, stirring occasionally for about 5-10 minutes until they have softened. You don't want them to brown, if they do, turn the heat down.

Meanwhile, heat a separate pan or griddle over a medium heat, brush the aubergine slices with a little oil and cook for a few minutes each side until softened and browned. You will need to do this in batches. Place the slices in a covered bowl once cooked.

When the onions are softened, add the salt, pepper, sugar and vinegar then cook with the lid off until all of the liquid has evaporated.

Remove the sultanas from the water and add to the onions along with the pine nuts, mix them in and remove from the heat.

Take your serving dish and layer slices of aubergine with layers of onion mix, finishing with onions on top.

Sprinkle the bay leaf over the top, then cover and refrigerate for two days before serving.

