

Charred Eggplant Salad

Author: Nopa Restaurant (chef Laurence Jossel)

Carolyn T's
Main Cookbook

Servings: 3



- 1 large eggplant**
- 2 tablespoons red onion, minced**
- 1/2 tablespoon red wine vinegar**
- 1/2 tablespoon kosher salt, or more to taste**
- 1 medium tomatoes, diced**
- 2 tablespoons olive oil**
- 2 tablespoons fresh lemon juice**
- 3 tablespoons basil leaves, finely chopped**
- 3 tablespoons mint leaves, finely chopped**
- 1 small scallion, thinly sliced**
- 1/2 tablespoon Italian parsley, finely chopped**
- 1/2 medium garlic clove, minced to a paste**
- 1/2 teaspoon fresh ground black pepper**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 140 Calories; 9g Fat (56.4% calories from fat); 2g Protein; 14g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 952mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Description:

1. Heat a charcoal or gas grill to medium-high heat (375°F). Add the whole eggplant and allow skin to char all over, turning every 5 minutes. After about 30 minutes, the eggplant will collapse. Remove to a colander and allow to cool. Alternately, bake eggplant in oven for 35-45 minutes, until skin has begun to wrinkle and gather a golden hue. Continue baking until eggplant has begun to collapse.
2. Combine red onion, 1 teaspoon kosher salt, and vinegar in a medium bowl. Allow to marinate at least 5 minutes.
3. Once the eggplant is cool, scoop flesh from charred skin and coarsely chop. Combine eggplant with marinated onions and remaining ingredients. Mix together gently and season well with additional salt and freshly ground black pepper to taste.
4. Serve at room temperature with grilled pita or baguette toasts