

Eat well with The Headingley Greengrocer
No. 4



Aubergines

Aubergines can be steamed, stir-fried, pan fried, deep fried, barbecued, roasted, stewed, curried, stuffed or pickled. They are usually eaten cooked and can taste quite bitter when raw. In the past aubergines were often cut then salted to draw out the bitterness, but most aubergines cultivated today are not so bitter. Aubergines have quite a 'meaty' texture so make a good alternative to meats and are fantastic at absorbing flavours.

Roasted Aubergine Salad

2 small aubergines – quartered (if you can't get small ones chop a large one into wedges or chunks), **4 red onions**. **6 tbs olive oil**. **200gr bulgar wheat**, **1 red chilli**, **2 tbsp mint leaves**, **3 tbs balsamic vinegar**, **50gr pine nuts**, **pinch of sugar**.

Slice the onions and put into a roasting tin with the aubergines and 3/4 of the oil. Roast in the oven 200C for 20-30 mins until the aubergine is cooked through and slightly charred at the edges. Pour 200ml boiling water over the bulgar wheat, cover and leave for 10 mins until soft, fluff up with a fork. Toast the pine nuts. Make a dressing with the remaining olive oil, vinegar, finely chopped chilli and mint and sugar. Arrange the vegetables on the bulgar wheat and pour over the dressing and sprinkle over the nuts.

Aubergine Involtini

Blend **8 ripe plum tomatoes and 2 tbsp olive oil, salt and pepper** in a food processor. Thinly slice lengthways **2 aubergines**, brush with oil and fry until soft on a griddle pan or frying pan, do a few slices at a time. Wilt **1 bag baby spinach** in a little water, squeeze the leaves to remove excess water. Mix the spinach, **500gr ricotta cheese**, pinch of **ground nutmeg, fresh thyme leaves, salt and pepper**. Spread the **tomato sauce** onto the bottom of an ovenproof dish. Put a small spoonful of the cheese on the aubergine slices and roll up, lay on top of the tomato sauce. Spoon over **200gr crème fraiche** and grate over some Parmesan. Bake for 25 mins until bubbling. Gas 5/190C.

Roasted Aubergine and Tomato Curry

Chop **1 large aubergine** into chunks, drizzle with vegetable oil of your choice and season. Roast in a hot oven for 20-30 mins until soft and slightly charred at the edges. Slice **2 onions** and **2 garlic cloves**, **1 red chilli**, fry in oil until soft, add **1 tsp garam masala, 1 tsp turmeric, 1 tsp ground coriander**, tip in **400ml can chopped tomatoes** and **400ml can coconut milk** and simmer for 20 mins until thickened. Add the roasted aubergine and a handful of roughly chopped **coriander** and serve with rice, naan or chapatis

Enjoy! All the ingredients can be found at the Headingley Greengrocer and at our sister shop opposite, the Natural Food Store.

<https://theheadingleygreengrocer.co.uk/>



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