



## ROASTED EGGPLANT WITH HARISSA SAUCE, FETA AND MINT /

## ПЕЧЕН ПАТЛАДЖАН ПО МАРОКАНСКИ

### *and Roasted Garlic Yogurt Sauce*

*Serves 4 (generously), 6-8 (as a side dish)*

### INGREDIENTS:

#### **Roasted Eggplant**

- 2 eggplants cut in half lengthwise
- Olive or Sunflower oil for roasting
- Salt and pepper

#### **Harissa Sauce**

- 1 jar (12oz) roasted red peppers, drained
- 1 tbsp tomato paste
- 2 tbsp Spice Your Life (or a brand of your choice) Harissa Spice Blend
- 1 tsp cumin powder
- 1 1/2 tsp maple syrup
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt

#### **Roasted Garlic Sauce**

- 1 large garlic head
- 1 cup plain, full fat, Greek or Icelandic yogurt
- 1 tbsp olive oil
- 1-2 tbsp lemon juice
- Salt and pepper

#### **Toppings**

- 2oz-3oz mild feta cheese (Israeli or French)
- Handful of fresh parsley leaves
- Handful of fresh mint leaves



PHOTOGRAPHY AND STYLING BY IGLIKA PETROVA

## DIRECTIONS:

### Roasted Eggplant

Preheat oven to 400F.

Line a large rimmed baking sheet with parchment paper.

**Prepare the garlic for the yogurt sauce:** Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the individual cloves of garlic. Place the garlic on a piece of aluminum foil, drizzle a couple teaspoons of olive oil over the exposed head, and wrap the garlic the foil. Place in the baking sheet.

**Eggplant:** Score the flesh of the eggplant with a knife in a diamond shape, cutting deep into the flesh but not through the skin. Brush eggplant flesh with olive or sunflower oil and season generously with salt and some pepper. Place eggplant cut-side down on the lined baking sheet and roast for 35-40 minutes, or until the back of the eggplant looks collapsed and puckered. Let the eggplant cool for 10 minutes before serving.

### Harissa Sauce

While the eggplant is roasting, place all the Harissa sauce ingredients in a food processor (or use an immersion a blender) and puree until smooth. Taste and add salt to taste, more lemon juice if needed, or more Harissa spice if you like it spicier. Place the sauce in a jar or a container for later. Makes about 1 cup (you will have some leftovers – wonderful on smashed potatoes, breakfast eggs, or as sandwich spread).

### Roasted Garlic Sauce

Allow the garlic to cool enough so you can touch it without burning yourself. Use a small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins. Place all roasted garlic cloves into the food processor bowl. Add the rest of the roasted garlic sauce ingredients. Wizz until smooth. Taste and add more salt, pepper or lemon juice.

### Assembly

Use dinner plates or pasta bowls if serving individually, or a large serving platter if serving as an appetizer for a group. Spread the yogurt sauce (about 3 tablespoons of the for each eggplant half) and place eggplant on top. Top each eggplant half with about 2 tablespoons of Harissa sauce, large pieces of feta, fresh parsley and mint leaves. Finish by drizzling some olive oil and light dusting of Harissa spice.