

Eggplant

24 April 2009

Roasted Eggplant Soup

- 2 medium eggplants, about 1 1/2 to 2 pounds
- 2 large tomatoes
- 1 medium onion, cut in 4 wedges
- 6 medium cloves garlic, peeled
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dried leaf marjoram or basil
- 1 quart chicken broth
- 1 tablespoon fresh lemon juice
- 1 cup heavy cream
- Salt and pepper, to taste
- Fresh chopped parsley, for garnish

Heat oven to 400°. Line a large baking pan with foil and brush with a little oil or spray with nonstick cooking spray.

Cut each of the tomatoes into 4 wedges.

Cut eggplant into 4 wedges, lengthwise.

In a large food storage bag or bowl, toss the tomato wedges, eggplant slices, onion wedges, and garlic with olive oil. Spread the vegetables in the baking pan. Sprinkle lightly with salt and pepper. Roast for 45 minutes to 1 hour, turning once or twice, or until the vegetables are tender and browned.

Scoop eggplant into a large saucepan; discard peel. Put remaining roasted vegetables in the saucepan along with the marjoram or basil, chicken broth, and lemon juice. Bring to a boil. Reduce heat to medium low and cover; simmer for 45 minutes, or until all of the vegetables are very soft. Remove from heat and let stand for 15 minutes.

Blend the eggplant and chicken broth mixture in 4 batches until pureed. Return the pureed mixture to the large saucepan and stir in cream. Heat until it begins to simmer. Add more chicken broth if the mixture is too thick. Taste and add salt and pepper. Spoon into bowls and sprinkle with a little chopped parsley, if desired.

Eggplant and Spicy Sausage Stew

- 1 cup chopped onion
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- 2 medium eggplants, peeled and cubed
- 1 red bell pepper, diced
- 12 to 16 ounces spicy sausage or andouille, thinly sliced
- 4 cloves garlic, minced
- 5 cups chicken broth
- 1 can (15 ounces) small red beans or white beans, drained
- 1 cup chopped spinach or escarole
- 2 cans (14.5 ounces each) diced tomatoes with liquid

- 1 teaspoon Cajun or Creole seasoning
- 1 teaspoon paprika
- 1 teaspoon salt
- Dash leaf oregano
- 2 tablespoons chopped fresh parsley

Sauté onions, carrots, celery, eggplant, bell pepper, sliced sausage, and garlic in olive oil until lightly browned.

Add broth, beans, tomatoes, greens, and seasonings; simmer for 30 to 45 minutes, until vegetables are tender.

Serves 6 to 8.

Baba Ghanoush

Baba Ghanoush - also known as Baba Ghanouj and Baba Ganoush - is a dip or spread made of roasted eggplant and tahini. Simply roast the eggplant, scoop out the softened pulp, and then puree with tahini and seasonings. The seasonings used in this recipe for Baba Ghanoush are garlic, lemon juice, parsley and salt. Dip fresh pita bread or cut vegetables into the Baba Ghanoush for a healthy snack.

- 1 large eggplant
- 2 cloves garlic, minced
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. Tahini
- 1 Tbsp. fresh parsley
- 1/2 tsp. salt

1. Preheat oven to 400° Fahrenheit (200° C).
2. Prick the eggplant with a fork. Then place on a cookie sheet and put into the hot oven.
3. Roast the eggplant for about 40 minutes or until very soft inside.
4. Cool completely.
5. Scoop out the eggplant's pulp and place in a food processor. Add remaining ingredients into the food processor. Pulse until pureed, but still has some texture.
6. Refrigerate. Serve chilled with fresh pita bread.

Sweet Potato

We wrap our sweet potatoes in foil with some olive oil and salt and throw them on the grill when bbqing. They taste amazing and you don't even need to add anything more to them. You can also do the same thing but throw them in the oven instead along with whatever else you are cooking and they come out just as good... maybe add a little cinnamon and brown sugar. Yum! Then there are always sweet potato fries and I really like to add sweet potato to other dishes like home-made lentils or chickpeas. Here are some other recipe ideas for your sweet potatoes.

Crunchy Sweet Potato Casserole

- 3 cups cooked riced sweet potatoes
- 2 tablespoons butter
- 1/2 cup warm milk
- 1/2 teaspoon salt
- miniature marshmallows
- 1/2 cup chopped peanuts

Add butter and salt to warm milk; stir until butter is melted. Blend with potatoes; beat until light and fluffy. Add more milk, if needed. Pile potatoes into a buttered casserole. Preheat oven to 375°.

Bake casserole 20 minutes. Generously top with miniature marshmallows and chopped peanuts. Return to oven and heat until marshmallows are lightly browned. Sweet Potato Casserole serves 6 to 8.

Chipotle Smashed Sweet Potatoes

- 2 large sweet potatoes, peeled and cubed
- 2 tablespoons unsalted butter
- 1 whole canned chipotle pepper in adobo sauce, chopped
- 1 teaspoon adobo sauce from can of peppers
- 1/2 teaspoon salt

Put cubed potatoes into steamer basket and place steamer into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes or until the potatoes are fork tender. Add butter to potatoes and mash with potato masher. Add peppers, sauce, and salt and continue mashing to combine. Serve immediately.

Roasted Sweet Potatoes with Wilted Spinach (or Kale, maybe?)

- 4 pounds sweet potatoes, peeled and quartered
- Salt
- Freshly ground black pepper
- 1/2 cup canola oil
- 2 large red onions, finely chopped
- 1/4 cup honey 🍯
- 1/2 cup butter
- 1 bag baby spinach (between 10 ounces and 16 ounces), soaked, well-rinsed and dried

Preheat an oven to 350 degrees F.

In a mixing bowl, season potatoes with salt and pepper and toss with oil to coat. Place on a baking sheet and roast in the oven for 20 minutes. Remove briefly from oven and toss in onions, and return to oven to roast until potatoes are tender, approximately another 20 minutes. Transfer roasted potato mixture to a bowl. Drizzle honey over potatoes, add butter, mixing well, and then gently toss in spinach. The heat from the potatoes will wilt the spinach.