



Eggplant

What is it?

Eggplant grows in a variety of colors, shapes, and sizes. You may be most familiar with the solid, deep purple Italian eggplant pictured here. We also grow the long, slender Japanese eggplant and Indian eggplant (aka baby eggplant) varieties here on the farm. Eggplant is very sensitive to cold just like a tomato or pepper plant so its season doesn't last as long as other veggies. It is high in fiber and is always served cooked since cooking the eggplant gets rid of a toxic substance called solanine.

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Storage Tips

Eggplant can be stored on the counter for a day or two. It can also be stored in the crisper drawer for up to a week, but it tastes best when used soon after picking. You can freeze eggplant when it is cooked in a dish like ratatouille or baba ghanouj.

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Usage Tips

Eggplant can be peeled or unpeeled depending on the type of dish you are preparing. It's a good idea, if time allows, to salt the sliced or chopped eggplant and soak in water for about 15 minutes and then gently drain and squeeze to get rid of acrid flavors according to From Asparagus to Zucchini. Just like a zucchini doesn't have much flavor on its own so it's often paired with other veggies in a dish, so, too, the eggplant is often paired with other stronger flavors. It can be sauteed, baked, fried, grilled, or steamed.

A Vegetable E-booklet



RECIPES

Garlic Mashed Potatoes with Eggplant

INGREDIENTS

- 1 eggplant trimmed and halved lengthwise**
- 2 T Extra Virgin olive oil**
- 3 potatoes peeled and cubed**
- 2 cloves garlic peeled and halved**
- 2 slices bacon**
- 1 T bacon drippings**
- 1/2 onion cut into strips**
- salt to taste**
- freshly cracked black pepper to taste**

INSTRUCTIONS

- 1. Preheat oven to 400 F. Place eggplant halves, cut sides up, onto a baking sheet and brush with 1 tablespoon olive oil.**
- 2. Bake eggplant in preheated oven until soft, 30 to 35 min. Peel eggplant when cool enough to handle, set aside.**
- 3. While eggplant is baking, place potatoes and garlic cloves into a large pot, cover with lightly-salted water. Bring to a boil, reduce heat to medium-low, and simmer until tender, about 20 min. Drain. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 min. Drain bacon slices on paper towels and retain 1 T drippings in skillet.**
- 4. When bacon is cool, crumble, and set aside. Cook and stir onion in bacon drippings until soft and translucent, about 5 min. Set onion aside.**
- 5. Place eggplant, potatoes, cooked garlic cloves, and 1 T olive oil in a large bowl, mash with a potato masher until smooth and thoroughly combined. Season to taste with salt and cracked black pepper.**
- 6. Serve in a bowl topped with cooked onion and crumbled bacon.**

RECIPES

Roasted Eggplant and Chickpea Pizza

INGREDIENTS

TAHINI SPREAD:

3 1/2 T. tahini
1 clove of garlic, minced
pinch of salt + pepper

1 1/2 T. fresh lemon juice
1/4 teaspoon ground cumin
1/2 teaspoon honey

PIZZA:

1 medium-sized eggplant, cut into 1/2 inch cubes
1 cup cooked chickpeas (if from the can rinsed, drained and patted dry)
3 T Olive oil (divided)
pinch of dried oregano
1 bunch of scallions, finely chopped (white and light green parts only)
1 ball of your favorite pizza dough (homemade or store bought)
1/2 cup shredded mozzarella
1 1/2 T. za'atar

salt + pepper
1/2 cup crumbled feta
1/4 cup minced parsley

INSTRUCTIONS

1. Preheat the oven to 450F.
2. Toss cubed eggplant and chickpeas with 1 1/2 T. olive oil, pinch of dried oregano, salt and pepper. Place in a single layer on a prepared baking sheet and roast until golden brown, about 15-20 min. Remove from oven and set aside.
3. While veggies cook prepare tahini sauce by combining all the ingredients together and mixing until thick and creamy. This works best with an immersion blender or small food processor. Taste test and adjust seasonings as need be.
4. Heat a small skillet over medium heat with the remaining 1 1/2 Tablespoons olive oil. Stir in the chopped scallions and cook until soft and lightly browned, about 5-7 minutes. Remove from the heat and set aside.
5. Roll out pizza dough onto a lightly floured surface. Spread the dough with tahini sauce and layer on the roasted veggies, scallions, cheese and za'atar. Drizzle the whole pizza with a tiny bit more olive oil and place in the oven for 12-15 minutes or until crust is golden brown.
6. Sprinkle minced parsley over cooked pizza, slice and serve.