

# Kashk e bademjan, Persian eggplant side dish



Time to prepare 5 min

Time to cook 30 min

serves 2 people

## Ingredients

1 large eggplant, baked in the oven until softened or barbecued on charcoal, peeled and chopped

garlic 4 large cloves, chopped finely or cut in circles

1 large onion, chopped julienne

olive or sunflower oil 100ml (1/3 cup)

dried mint 1tbsp

kashk (Persian sauce) or plain thin yogurt or plant-based yogurt (125ml) 1/2 cup

turmeric 2tsp

optional ingredients

A couple of Persian rose petals for garnish

chopped walnuts 10g (1tbsp)

## To make

Add the oil into a pan and add in the chopped onions. Put the lid on the pan and set it on medium heat. Once in a while take the lid off, stir gently and put the lid back on. This takes 10-15 minutes. Once the onions are caramelised, add in 1/4 cup of water and put the lid back. This softens the onions and gives them a very meaty texture. At the end when the water is evaporated, add 1 tsp of turmeric. Fish them all out of the oil and set aside.

In the same pot add the garlic and stir-fry until slightly coloured

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In the same pot, add the dried mint and immediately add 1 tsp of turmeric. Turn the heat off otherwise the mint will burn and become bitter. Transfer half of the mint oil into a little jar and set aside.

To the remaining mint oil, add the chopped eggplant and turn and put the pan on medium heat. Add half of the onion and half of the garlic you fried before. Then add half of the kashk or your chosen yogurt. The other half of everything is garnish. Add half a cup of water, mix through and put the lid on. Let them all simmer together for 5-7 minutes or until the water is evaporated and the oil comes off. Turn the heat off and place the mix in a serving dish.

Add the remaining half of kashk or your desired yoghurt, garlic, mint oil and fried onion on top or on the sides of the dish. Then garnish with walnuts and rose petals. Serve with naan lavash