KALI OREXI

sharing our Greek culinary heritage

KO's Melitzanosalata

For the Melitzanosalata

You will need...

5 large eggplants
1-2 cloves of garlic
1 heaped teaspoon salt
Generous drizzle of extra virgin olive oil

How to...

Grill and smoke the eggplants

- Place whole eggplants on the barbecue preheated on 'High.' Lower the barbecue lid, but leave it ajar
- Grill the eggplants, turning them over every 5 minutes or so. If there are hot spots on your barbecue, move the eggplants around so they all cook evenly
- Continue grilling the eggplants until all the water in them has cooked off and the eggplants collapse when you press on them gently (approximately 45-50 minutes)
- Turn off the barbecue and leave the eggplants in the barbecue for about 15 minutes, with the lid completely closed. This will allow them to smoke and dehydrate further
- Remove the eggplants from the barbecue

Prepare the Melitzanosalata

- While the eggplants are cooling a little, finely chop 1-2 cloves of garlic. You do not want the garlic flavour to overpower the smoky flavour in the melitzanosalata. If you are unsure about the strength of your garlic, just add one clove at a time until you have the desired taste
- Add one heaped teaspoon of salt to the chopped garlic and mash it into a paste
- Add the mashed garlic to a mixing bowl
- Carefully pull the charred skin off the eggplants and scrape their flesh out onto a chopping board. Discard the charred eggplant skin. Coarsely chop the eggplant flesh and add it to the mixing bowl
- Generously drizzle with extra virgin olive oil
- Mix the garlic, eggplant and olive oil together
- Taste for salt and oil

Serve the Melitzanosalata

- Serve on crusty bread or as an accompaniment to vegetables or meat
- Enjoy!

Melitzanosalata Key Points

The most important part of making this dip is the grilling and the smoking of the eggplants -

- The barbecue heat must remain on 'High' throughout the grilling process
- The skin of the eggplants will char and blister during the cooking process, even revealing some eggplant flesh – that is okay
- Use large tongs to gently lift and rotate the eggplants on the barbecue
- All of the water in the eggplants ***must*** be cooked off, otherwise the flavour of the dip will be diluted
- Once all the water in the eggplants has cooked off and the eggplants are dehydrated, the flesh of the eggplants will caramelise and brown a little. This will add flavour to the dip
- Be careful when handling the grilled eggplants, as their flesh is very hot. Hold the stalks of the eggplants and use tongs to remove the skin and scrape the flesh out
- You can add chopped parsley, chopped walnuts, pomegranate arils and even a splash of vinegar to the dip, for additional flavour and texture