



UCCE Master Food Preserver Program of Sacramento County

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Kuzina's Butterflied Roasted Eggplant Salad

<http://articles.latimes.com> (2017)

Total time: 30 minutes, plus 2 hours steeping time for the aromatic olive oil

Servings: 2

Note: The garlic olive oil and aromatic olive oil can be prepared up to 2 days in advance.

Garlic olive oil

Peeled cloves from 1/2 head of garlic, about 7 to 8 cloves

1 cup extra-virgin olive oil, preferably Greek

In a small saucepan, combine the garlic and oil and cook over low heat until the garlic turns a faint golden color, about 20 minutes. Remove from heat, strain and discard the garlic cloves. This makes about 1 cup garlic-infused oil, more than is needed for the remainder of the recipe.

The oil will keep up to 2 days, refrigerated. *Do not can this flavored oil.*

Aromatic olive oil

1 bunch fresh herbs (any type desired)

3/4 cup extra-virgin olive oil, preferably Greek

Blanch the herbs in a pot of boiling water until brightly colored, about 20 seconds. Drain and dry thoroughly. Place the herbs in a blender and pulse to chop, then add the olive oil and pulse to combine. Set aside for about 2 hours to steep, then strain through a fine-mesh strainer. This makes about 3/4 cup aromatic oil, more than is needed for the remainder of the recipe.

The oil will keep for to 2 days, refrigerated. *Do not can this flavored oil.*

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Research on food preparation is ongoing—recommendations may change. Make sure your food preservation information is always current. Always follow up-to-date, tested guidelines and recipes from reliable sources. Visit the National Center for Home Food Preservation – your source for current research-based recommendations for most methods of home food preservation. <http://nchfp.uga.edu/>

Revision: August 2017

Eggplant salad

1 eggplant
Garlic olive oil, as desired
1 teaspoon salt
1 tablespoon diced tomato
1 tablespoon crumbled Greek feta cheese
1/2 teaspoon chopped thyme
1/4 teaspoon chopped parsley
Aromatic olive oil, as desired

1. Roast the eggplant on a grill or stovetop burner until charred on all sides and the interior is very soft, 6 to 10 minutes depending on the heat.
2. Holding the stem in place, butterfly the eggplant so it opens almost like a panel, with the flesh totally exposed. Score the flesh crosswise.
3. Drizzle over a little garlic olive oil, the salt, tomato, feta and thyme. Garnish the eggplant with parsley and a drizzle of aromatic olive oil. Serve immediately.

Each serving: 199 calories; 4 grams protein; 16 grams carbohydrates; 9 grams fiber; 15 grams fat; 3 grams saturated fat; 4 mg. cholesterol; 7 grams sugar; 1,221 mg. sodium.