



EGGPLANT



Eggplant are prized for their beautiful purple skin, taste, and texture. They have been bred to be less bitter over the last twenty years or so but have retained their unique flavor. You can lessen any remaining bitterness and prepare eggplant for frying by salting individual slices and letting them sit for at least 20 minutes to “sweat.” Wipe each slice clean with a paper towel. Salting may create a firmer texture because the eggplant won’t absorb the same amount of fat or liquid during cooking.

As the eggplant is quite delicate, fry chopped or sliced eggplant at a high temperature to prevent the flesh from falling apart when they are to be cooked in sauces or in a dish such as ratatouille.

It is perfectly acceptable to retain the eggplant skin as it can hold the slices or cubes together during cooking. If you want to make an eggplant purée, you can easily scrape the flesh from the skin once it is cooked. Only the skin of very young eggplants can be eaten.

STORING

Eggplant is cold sensitive. Store in a kitchen towel in the vegetable drawer of the fridge. You can freeze cooked eggplant.

SEASON

Organic eggplant is harvested from high summer to early fall. However, because eggplant is heat loving, it is often imported from warmer zones.

GOES WELL WITH

Eggplant goes well with Parmesan cheese, zucchini, bell pepper, tomatoes, cauliflower, chard, herbs, onion, garlic, pasta, lamb, chicken, fish, and broiled dishes.

< Eggplant with thyme, garlic, goat cheese, and lemon.