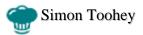


Smoked Eggplant with Toasted Sourdough





0 made it | 0 reviews



- Sub Category Name Food Main Courses
- Recipe Source Name Tea infused
- Festivities Name
 Autumn
 Spring
 Summer
 Winter

Used Teas



Comfort Natural Herbal Tea

Ingredients

Smoked Eggplant with Toasted Sourdough

- 1 Eggplant
- 1 Olive Oil
- Garlic Clove 1 bunch



- 200ml Parsley
- 100ml Dilmah Comfort tea
- 1 slice Eggplant Liquid
- 45ml Sourdough Bread
- 1 Pinch Salt and Pepper

Methods and Directions

Smoked Eggplant with Toasted Sourdough

- Place the eggplant over the stove top flames or in coals of a fire or in the oven. Cook until
 cooked through and soft approx. 20min. Place in a bowl and cover to steam and release all its
 liquid.
- In the meantime, make the crumble by heating up the bread and garlic and toast in a pan with the olive oil until golden and crisp. Finely dice the parsley and mix in with the crumble.
- Make the sauce by straining off the liquid from the eggplant. Pour 100ml of the liquid into a bowl and whisk in the Dilmah comfort tea. Add a pinch of salt and pepper.
- With the eggplant. Place on a plate top with all the crumble (more the merrier here) and then Pour the sauce around the bottom to serve.

ALL RIGHTS RESERVED © 2025 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 25/12/2025

2/2