

## BRINJAL MOJU



0 made it | 0 reviews



Philip Khoury



Sean D'Almada-Remedios

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Real High Tea 2014/15 Volume 2

### Ingredients

#### BRINJAL MOJU

##### Fennel / Turmeric Sable

- 250g flour
- 125g butter (cold)
- 3g ground fennel
- 5g ground turmeric
- 50g egg
- Cocoa butter atomised

#### Brinjal Moju

- 30ml canola oil
- 1 tsp cumin seeds
- 1 tsp brown mustard seeds



- 1 aubergine, diced
- 2 tomatoes
- ½ tsp turmeric ground
- 1 tbsp coriander seeds, ground
- 2 tbsp brown sugar
- 50ml white vinegar

### **Moghrabieh CousCous**

- 100g couscous

### **Tomato Crisps**

- 3 tomatoes
- 1:1 sugar syrup

### **Strained Yoghurt**

- 100g yoghurt

### **Assembly**

- Baby basil
- Black and white sesame seeds, toasted
- Pomegranate molasses
- Eggplant, thinly sliced and grilled

## **Methods and Directions**

### **BRINJAL MOJU**

#### **Brinjal Moju**

- Heat oil with cumin and mustard seeds for 2-3 minutes till they start popping.
- Toss tomato and aubergine in this to coat with oil and seeds.
- Add remaining spices, brown sugar and vinegar and bring to a simmer until thick.

### **Moghrabieh CousCous**

- Place in salted boiling water and cook till tender.

### **Tomato Crisps**

- Place in muslin cloth over a container and leave covered in fridge to drain for at least 12 hours.



## Assembly

- Line a flexipan of 4cm half spheres with grilled eggplant leaving some to overhang.
- Fill with moju, and top with some couscous and fold overhanging eggplant to wrap around what will be the base.
- Leave in fridge with a tray on top to press domes.
- Remove domes and place onto sable.
- Brush on pomegranate molasses and sprinkle sesame seeds to coat.
- Pipe a small dollop on top and place a tomato crisp followed by more yoghurt and another smaller crisp.
- Pipe some more yoghurt on the very top and place a couple of sprigs of baby basil on top.

ALL RIGHTS RESERVED © 2026 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From  
[teainspired.com/dilmah-recipes](https://teainspired.com/dilmah-recipes) 18/02/2026