



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

OCT 2019
Recipe 125



(photo by Marc-Henri)

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Eggplant & Lamb Salad

PREPARATION

1 - Cut the eggplant into 1-inch cubes. Place the cubes in a colander and sprinkle with the salt. Set aside for 30 minutes, then rinse thoroughly under cold running water. Pat dry with paper towels.

2 - Heat the olive oil in a large frying pan. Cook the eggplant cubes and ground lamb over medium heat for about 10 minutes, tossing regularly until the eggplant is golden and softened. Drain on paper towels and season with a little sea salt.

3 - Place the lamb and eggplant in a large serving bowl and toss with the lemon zest and juice, capers, olives, garlic and chopped parsley.

4 - Season with salt and pepper and serve at room temperature.

INGREDIENTS

- 1 large eggplant (about 1.5 pounds)
- 1 teaspoon sea salt
- 4 tablespoons olive oil
- 1/4 pound ground lamb
- grated zest and juice of 1 lemon
- 2 tablespoons capers, rinsed
- 12 pitted green olives
- 1 small garlic clove, chopped
- 2 tablespoons chopped flat leaf parsley
- salt and freshly ground pepper to taste

COOK'S NOTE:

This sautéed vegetable and lamb relish is delicious served with pasta or simply on its own with Parmesan shavings and some crusty bread. It's a great make ahead dish that will taste even better when made the day before.

Bon Appétit!
-George