



GRILLED AUBERGINES IN OIL

This is one of the best ways to enjoy your harvest of Aubergines, and the meaty texture makes a succulent accompaniment to a salad or any vegetarian dish, we also love it after getting our hands dirty, a perfect tapas nibble and ohh the vinegar in the recipe cuts through the richness of the Aubergine, leaving you a piquant flavour, and slight richness in taste

Makes: Approx 500ML (16 OZ) 1 SMALL PRESERVING
TAKES ABOUT 35 MINS TO PREPARE (LEAVE TO REST FOR ANOTHER 30 MINS) KEEPS – 1 MONTH (Or about 5 minutes in our Shedquarters!)

INGREDIENTS

2 Medium sized Aubergines, slices into 5mm thickness, a good half thumb full (but not yours!)
Sea Salt to taste
200ml (7fl oz) of extra Virgin olive oil
1 large clump of thyme
2 tbsp white wine

1) Slice up the Aubergines into long thin strips so they look like your old trainer insoles...ok we know that's not a pretty site, but it's how we describe em. Lay them onto a large tray and sprinkle sea salt over them quite liberally.

Leave for 30 minutes to extract the water out. Now rinse of the excess salt and pat dry with a clean tea towel.

2) Now heat up a griddle pan until it's nice an hot, brush the Aubergines or the Griddle pan with some lovely olive oil and add the slices to the pan, Cook until golden on each side and remove and then put then to the side.

3) Now put the Olive oil into a pan and include the thyme, let the oil bubble for about 2 mins, but don't make the heat to fierce, the secret here is just to heat the oil to extract the flavour from the herbs, now set the pot with the oil aside, when it's just turning warm stir in the vinegar and add the Aubergines.

Return to the heat and bring the oil up to heat where it look like it's boiling, once it reached this stage pull it aside and leave to stand.

4) When everything is cool, remove the Aubergines and put them into a sterilized jar. Strain the marinade (oil) and pour it over the Aubergines so that it completely covers them. The Aubergines should be completely emerged in the oil. Press them down and remove all air pockets. Seal the jar (we prefer le parfait) and store them in the fridge, you can top up the jar with oil so that they remain covered. Use or eat within a month, tasty.

