

Elegant Eggplant Caviar

1 eggplant
1/2 cup walnut pieces
1/4 cup minced onion
1/4 cup minced fresh parsley
1-2 tsp minced hot chile pepper, to taste
1 clove garlic (I use 2)
1/2 tsp salt
Freshly ground black pepper, to taste
2TB olive oil
1 TB lemon juice

1. Prick the eggplant in several places with a fork. Place on a microwave-safe dish and cook at full power for 10 minutes ,uncovered, until soft and collapsed. Set aside to cool. (OR roast in 350 degree oven for about 1 hour)
2. Arrange walnut pieces on another microwave-safe dish and cook uncovered until fragrant and toasted, 2 1/2 minutes. Chop fine.
3. Scrape the eggplant flesh out of the skin and coarsely chop. Place in a bowl.
4. Stir in the walnuts, onion, parsley, chile pepper, garlic, salt and pepper. Whisk together the oil and lemon juice and add to the bowl. Mix all together thoroughly and adjust seasonings if necessary.
5. Cover loosely and let stand at room temperature several hours before serving.

Makes 1 1/2 cups.

From *The New Basics Cookbook* by Julee Rosso and Sheila Lukins via Helen Stefan

NOTES from Helen

Here's a nice fast eggplant recipe. I like it because I don't have to heat up the house and I can make while I'm unpacking my farm share. I return to it over and over and people like it.