

Café Rakka

Mediterranean Grill

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Eggplant Moussaka

Ingredients

2 ounces peanut oil
1 onion, cubed
1 tomato, cubed
1 teaspoon salt
1/2 teaspoon cumin
1/2 teaspoon coriander
2 cloves garlic, smashed
2 tomatoes, crushed (in food processor or chopper) (or substitute canned crushed tomatoes)
1 large globe eggplant (or 3 Italian eggplant if in season), sliced and previously grilled or oven-baked
2 ounces fresh cilantro, chopped
2 ounces fresh Italian parsley, chopped

Preparation

Add peanut oil to a large skillet. Heat oil on medium high until well heated. Add onions and sauté about two minutes until soft and translucent.

Add fresh cubed tomato, garlic and spices (salt, cumin and coriander) and cook about two more minutes.

Add crushed tomatoes and simmer for about three minutes.

Add eggplant which has been previously sliced and cooked on grill or baked in oven at 350°F for 25-30 minutes. Fold in eggplant gently so it does not fall apart or get too soft.

Garnish with cilantro and serve with rice and a side salad.

Makes two servings.

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