

Fried Selcuk Eggplants

This is a Aegean regional dish much likes in the region. It is usually eaten cold.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 30 mins

Cooking time: 30 mins

Category: Side dishes and appetizers

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Eggplant, cooked	6 large
Olive oil	1 cup
Garlic, fresh	6 clove
Bay leaves	6 x 2 each
Tomato raw (includes cherry, grape, roma)	4 large - 3" diameter

Instructions

This recipe has two parts.

First you have to prepare the sauce.

Use a medium sized pot and put in the 2 tablespoon olive oil along with the 3 tomatoes properly crushed (strained) using a blender or food processor. Crush the garlic using a garlic crusher and put the crushed garlic in the mix.

Place the bay leaves in the pot spread evenly

Cook while gently stirring the mix.

When the tomatoes get cooked properly, put the mixture aside.

To fry the eggplants, first remove the skin using a peeler while leaving some of the skin in thin strips.

Using a sharp knife slice the eggplant longitudinally in thin slices. Make sure not to include any of the seeds in the eggplant slices.

Use a frying pan and fry the sliced eggplants in olive oil until they are properly browned.

As they are properly fried place them in a serving dish in layers.

Over each layer pour a little bit of the prepared tomato - garlic mix. Make sure not to include the bay leaves.

Keep frying the egg plant slices and place the fried slices over the previous layer. Pour a bit of the sauce on the layer.

With 6 eggplants, it should be about 4-5 layers.

When all layers are complete, pour the rest of the sauce over the last layer.

Wait until the mixture is cool.