

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 1 – Aubergine Orientale

#### Ingredients:

- One aubergine
- One onion
- Three cloves of garlic
- Half glass of olive oil
- Small tin of peeled tomatoes
- Pinches of salt, pepper and sugar
- 6 large bay leaves
- 50g of sultanas

#### Method:

Split the aubergine length-wise. Remove the pulp with a dessert spoon keeping the skin intact. Rub the skins with salt, pepper and olive oil. Put in a hot (240 degrees approx.) oven on a baking tray for 7 minutes. On a chopping board peel and cut the onion into large dice. Peel and pulverise the garlic. Cut the aubergine pulp into the same size of cubes (dice) as you did with the onion. Cook the garlic and onion in hot oil until they become transparent. Add the aubergine pulp. Season with the remainder of the salt, pepper and sugar. Throw in the bay leaves and sultanas and the juice of the tinned tomatoes and boil. Cube the tomatoes from the tin (same size as the aubergine and onion) and add to pot. Bring to boil and then fill aubergine skins with mixture. Replace in hot oven for ten minutes with liberal sprinkling of olive oil.

**Fantastic veggie starter served hot or cold!**

**Serves two**

