



# *Baigan Choka/ Smoked Eggplant Salad*

*SAUCES, SPREADS AND BASICS*

## Ingredients:

- Japanese Eggplant - 4 (you can use other varieties but be mindful that if they are thicker then they will take longer to cook)
- Garlic - 1 to 2 cloves skin on
- Onion/ or Spring Onion - add according to your preferences, best to start with a small amount first then add more if you feel it needs it
- Tomatoes - 2 medium-sized
- Coriander/ Cilantro - 1 small bunch
- Salt to taste

## Optional extras:

- Lime or lemon
- Chilli flakes

## Method:

Chop up your onion/spring onion and tomato into small pieces. Retain a few whole leaves of coriander/cilantro for garnish, then chop the rest into small pieces. Place your eggplant directly onto your gas stove or onto your barbeque(as shown in the recipe video). If cooking inside please be mindful of sufficient ventilation. Place your stove or barbeque on low heat and continue to cook your eggplant until it is soft to the touch - cooking time depends on the thickness of your eggplant it can take anywhere between 20-40 minutes. Add your garlic to the stovetop/barbeque when the eggplant is about half cooked. Once both are cooked, place in a bowl and allow to cool completely before removing the charred skin - check out the recipe video for a demonstration. Chop the cooked eggplant and garlic into small pieces. Mix all the ingredients and add salt to taste.

The choka is traditionally eaten with a vegetable curry and roti but can also be enjoyed as a side salad at a barbeque or as a sandwich filling.

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