



Recipe Details

Recipe Name : Marinated Aubergine With Tahini & Oregano
Recipe Category:
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Created : February 16, 2015
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Portions : 6

Weight (Per Portion)

One portion of this dish weighs approximately 279.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Aubergine	3 Small	
Oil, olive	4 Tablespoon	
Salt, sea	1 Teaspoon	
Pepper, hot chilli, red, raw	1 Medium	
Coriander leaves, fresh	2 Tablespoon	
Oregano, fresh	2 Tablespoon	
Garlic	1 Clove	
Lemon, juice	3 Tablespoon	
Oil, olive	4 Tablespoon	
Salt, sea	1 Teaspoon	
Pepper, black	0.25 Teaspoon	

Recipe Alerts

Special Dietary Requirements Suitability:



Vegan

Vegetarian

Kosher

Halal

Recipe Method

1. Preheat the oven to 220 0c/C, gas mark 7. Trim the stalk end off the aubergines, then cut each aubergine in two width ways. Cut the fat lower piece lengthways in half an then cut each half into 3 wedges. Do the same with the thinner piece but cut each half into 2 wedges. You should end up with 10 similar-sized pieces with skin on their curved side. 2. Place the aubergine pieces on a large roasting tray. Brush on all sides with plenty of olive oil and season with salt and pepper (if you want to get nice char grill marks on the aubergines, place them on a very hot ridged griddle pan at this stage and grill for 3 minutes on each side; return them to the baking tray and continue with the next step). Place the roasting tray in the hot oven and bake the aubergines for 15-18 minutes, until they are golden brown and totally soft inside. 3. While the aubergines are roasting, make the marinade. Finely chop the chilli, coriander, oregano. Crush the garlic. Simply put all the ingredients in a bowl and mix well. 4. As soon as the aubergines come out of the oven, spoon the marinade over them and leave at room temperature for up to 2 hours before serving. You can store them in the fridge for up to 2 days at this stage. Make sure you don't serve them cold, though; leave them out of the fridge for an hour at least. 5. To serve, arrange the aubergines on a plate. Now, you can either spoon the tahini sauce on top and garnish with a few oregano leave, or serve the tahini in a bowl on the side, topped with oregano leaves.

