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by ewfood

Eggplant & Feta Dip

Ingredients

1 eggplant (aubergine)
Juice of half a lemon
2.5 fl oz.. Olive Oil
2 oz. feta cheese, crumbed
1 shallot, finely chopped
1 red bell pepper, finely chopped
a handful of fresh herbs of your choice, finely chopped
¼ tsp cayenne pepper
salt to taste

Preparation

- 1 Preheat the oven to 220°C
- 2 Poke a few holes in your eggplant and lay it on the rack in the oven
- 3 Bake until the outer skin is charred, around 30minutes
- 4 Allow it too cool to a handling temperature then peel the eggplant and chop it up into a bowl
- 5 toss the eggplant with the lemon juice so that it is coated
- 6 Stir in the oil until it is absorbed
- 7 add the remaining ingredients and combine them well with the eggplant
- 8 refrigerate and serve with pita, flat bread or crisps
- 9 it will last up to 2 days in the fridge.

Cooks Note
