



Happy, Healthy New Year !!!!
Culinary Class with Chef Lisa Fidler
January 23, 2014

Roasting Eggplant

Ingredients:

1 eggplant
1 Tbsp. sea salt
About 1 Tbsp. canola or olive oil or spray oil

Instructions:

Cut the eggplant into slices or whatever shapes and sizes you prefer, being sure to trim off the stem and the ends.

In a large bowl, dissolve the salt in about 1/2 cup warm water. Once the salt is dissolved, add 4 to 6 cups of cool water. Put the eggplant slices, wedges, sticks, or chunks in the salt water. Set a plate or pot lid that is slightly smaller than the top of the bowl on the eggplant pieces to keep them submerged; Let sit about 30 minutes.

Meanwhile, preheat an oven to 375°F. After the eggplant has soaked, drain it and pat the pieces thoroughly dry. Lay them on a baking sheet (or sheets, depending on how much eggplant you decided to cook) and lightly brush or spray with oil. Turn all the pieces over and brush or spray the other side(s). Bake until the downside has browned nicely, 10 to 15 minutes. Turn all the pieces over and bake until that side is browned, too, about 10 more minutes.