

This Weeks Recipes are from Seven Spoons.Net:

## My father's eggplant spread

*His own recipe*

### Ingredients:

Canola oil or other neutral oil  
 1 medium eggplant  
 1 large onion, cut lengthways then into thin half-moons  
 2 teaspoons ginger, grated (see note)  
 3 cloves garlic, grated  
 1 small green chili, sliced finely  
 1/2 cup cilantro leaves, coarsely chopped  
 Salt to taste

Use a few drops of canola oil to lightly grease the skin of the eggplant. Over the dying coals of a charcoal fire, place the whole eggplant on the grill. Cook, turning occasionally, until the eggplant has shriveled and blackened. The flesh should yield easily to pressure, and most of its moisture will have cooked away. Do not panic if the skin splits while cooking, this is perfectly fine. Remove from the heat and set the eggplant aside to cool.

In a medium saucepan, heat about 2 tablespoons of oil over medium-low heat. Add the onions, ginger and garlic. Cook, stirring often, for about 10-15 minutes or until the onions are translucent and the garlic is sweet. Add the green chili and cilantro, cooking for 5 minutes more.

Using a spoon or your fingers, peel away the skin from the eggplant. Scoop the flesh into the pan with the aromatics, breaking it up and stirring to combine. Season lightly with salt. Increase the heat to medium and cook the eggplant for 10 more minutes, or until it begins to slightly darken in color and any residual moisture has dissipated. Check for seasoning and serve. Makes about 1 cup.

### Notes:

- My parents store their ginger in the freezer; it keeps forever it seems and can be easily grated while frozen. The measurement in this recipe is using frozen ginger, and may vary if using fresh.
- Carefully remove the seeds and ribs (white pithy veins) from the green chili for those prefer less heat.

Vegetable	Refrigerate?	Freeze?	Approximate Storage Life	Comments
Beets	YES	YES	2 Weeks	Remove greens & keep separate
Cucumber	YES	NO	1 Week	Keep Bagged, unwashed
Eggplant	Yes	Not Recommended	4-6 Days	Do not store at temps less than 50 degrees, very fragile, place in Ziploc in crisper
Beans	YES	Blanche, cool quickly	4-6 Days	Keep Bagged, unwashed
Lettuce	YES	NO	1 Week	Washed and lightly wrapped in paper towel in crisper or bag
New Potatoes	NO	Blanched, partially cooked or fried	2-3 Weeks	Cool, dark place
Cilantro	YES	Tightly wrapped in foil or frozen in ice cube trays	1-2 Weeks	Stems can be placed in glass of water
Red Onion	NO	YES	1-2 Months	Store in dry, cool place
Summer Squash	YES	YES	4-6 Days	Unwashed, keep dry in crisper or bag
Tomatoes	NO	YES	Up to 1 Week	Store at Room Temp
Superstar Onion	NO	YES	1-2 Months	Store in dry, cool place

## Jammy roasted onions

*My own creation, of sorts. Inspired by .Epicurious,. Makes a wonderful accompaniment to grilled or roasted meats and poultry; with the velvety sweetness of the onions offset by the resonant twang of balsamic.*

2 tablespoons butter  
 2 tablespoons olive oil  
 5 sprigs fresh thyme  
 1 spring fresh rosemary  
 1 tablespoon honey  
 About 1 1/2 pounds (700 g) small onion  
 8-10 cloves garlic, peeled but left whole  
 1 tablespoon balsamic vinegar  
 Salt  
 Pepper

Preheat oven to 450°F (230°C).

1. In a small saucepan, combine butter, olive oil and herbs. Warm slowly over low heat. Once the butter has completely melted and the herbs are fragrant, remove from the heat and stir in honey. Allow to cool.
2. Trim the roots of the onions, but leave intact; peel and slice into quarters lengthways.
3. In a roasting dish, toss the onions, garlic and herb oil mixture. Once well coated, drizzle over balsamic vinegar, season with salt and pepper, and toss again.
4. Cover with aluminum foil and roast in the middle position of the preheated oven. Every 20 minutes, peel back foil and turn onions with a broad spatula. After one hour, reduce oven temperature to 300°F (150°C). Roast for an additional 30-45 minutes, until done to your liking.

Makes about 1 1/2 cups.

Serve warm or at room temperature. Will keep for about a week, refrigerated in a sealed container.

### Notes:

- Shallots or cipollini onions can also be used; in this case, cut in half or leave whole.
- Use a roasting pan that *just* fits the onions and garlic in a single layer; too big of a pan and the balsamic and honey will burn, too small of a pan and the vegetables will steam rather than roast.
- For a sweeter, darker version, substitute an equal amount of dark brown sugar for the honey.
- For fans of strong flavors, these onions can be used to top crostini. Add Cambozola and broil for an over-the-top snack.