

Eggplant with Cardamom & Date Butter

Ingredients:

6 lbs of eggplant

Olive oil

6 cardamom pods

4 TBSP butter at room temperature

4 Medjool dates, pitted and chopped

2 garlic cloves, crushed or minced

¼ tsp cayenne pepper

Generous pinch of ground ginger

Sea salt flakes, to taste

Sesame seeds and plain yogurt, to serve

Instructions

1. Preheat oven to 400 F.
2. Put the eggplant in a roasting pan and brush very lightly with olive oil. Pierce each eggplant several times with a fork. Roast for 45 minutes or until completely soft and a bit deflated.
3. For the date butter. Break open the cardamom pods and grind the seeds with a mortar and pestle as well as you can. In a small bowl, combine the butter, cardamom, dates, garlic, cayenne, ginger and salt to taste. Set aside.
4. Cut the eggplants in half lengthwise. Add pats of date butter and allow to melt - spreading around the top of the eggplant. Sprinkle on sesame seeds and serve with a small bowl of plain yogurt.

The Story Behind the Recipe

My friends, Karin & Dan, made this as an appetizer for Indian food. It is actually a Turkish recipe. I made it as a main dish too. Enjoy!

