

AUBERGINE FRITTERS

Absolutely delicious – everybody that tries them loves them.

INGREDIENTS

- 1 large aubergine
- 2 tbsp olive oil
- 1 egg, lightly beaten
- 2 cloves of garlic, finely chopped
- 4 tbsp flat leaf parsley, chopped
- 130 g white breadcrumbs
- 90 g Parmesan, grated
- 90g feta cheese, crumbled
- 3 tbsp plain flour
- Salt and pepper
- Olive oil for frying

INSTRUCTIONS

Heat the oven to 190°. Slice the aubergine into 1 cm slices. Brush both sides of the aubergine with the oil (you might need more than 2 tbsp), and place in a single layer on a baking tray. Cook for about 20 minutes until the slices are golden and tender. Alternatively, cook them on a barbecue until the slices have dark griddle stripes on both sides and are soft in the centre.

Remove and allow to cool a little. Finely chop the slices, and then place in a bowl with the egg, garlic, parsley, breadcrumbs, Parmesan and feta. Add salt and pepper, and mix well.

Leave the mixture to rest for half an hour.

Divide the mixture into about 8 to 10 balls, and flatten them into patties. Place the flour on a plate and add plenty of salt and pepper. Coat the fritters in the flour, dusting off the excess.

Shallow fry the fritters in batches in the olive oil for about 1 – 2 minutes on each side until they are golden brown. Be careful, as they burn quite easily.

Drain on kitchen paper, and either serve with salad for lunch, as part of a tapas type meal, or as an accompaniment to a meat dish. You can also serve as a starter with natural yoghurt flavoured with fresh chillies, cumin and lime.