

Honey and harissa glazed eggplant

Ingredients

750g eggplant (roughly 2 medium/large), peeled or not as you prefer
90ml extra-virgin olive oil, plus 1 tablespoon for frying
3 small cloves garlic, finely chopped
1 heaped tablespoon finely chopped fresh ginger
1 teaspoon ground cumin
1/2 teaspoon ground coriander seeds
1/2 teaspoon cinnamon
2 teaspoons harissa
1/4 cup honey
3 teaspoons sun-dried tomato pesto
1 1/2 tablespoons lemon juice, or more to taste
1 1/2 teaspoons sea salt, or more to taste
Small coriander or mint leaves, freshened in iced water for 10 minutes, to garnish

Method

Preheat your oven to 220C. Line a large oven tray with baking paper.

Halve each eggplant crosswise then slice each half into 6-8 wedges (6 if the eggplant are on the small side, 8 if large.). Put the wedges into a large bowl and drizzle them with the 90ml of olive oil. Use your hands to mix them together so the wedges are thoroughly coated in the oil. Tip them onto the prepared oven tray and spread them out in a single layer.

Put the tray in the oven and roast the wedges for 30 minutes or until they're deep golden, turning them halfway through the cooking time.

Meanwhile, heat the remaining tablespoon of oil in a very large frying pan (mine is about 30cm in diameter) over low heat. Add the garlic and ginger to the pan, and cook them, stirring, for 30 seconds. Now mix in the spices, harissa, honey, tomato pesto, lemon juice and salt then turn off the heat.

When the eggplant wedges are ready, re-heat the honey mixture over low heat. Using tongs, carefully transfer the wedges to the honey mixture in a single layer. Cook them gently, turning them carefully once or twice, for 8 minutes or so until they have become impregnated with the honey glaze (just keep an eye on them as the honey scorches easily.).

When the wedges are ready, turn off the heat and taste the glaze - add a little more lemon juice or salt if necessary. Using tongs once again, carefully pile the wedges into a shallow bowl or dish. Scrape any remaining glaze over the top. Sprinkle with tiny coriander or mint leaves and serve warm or at room temperature.

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