

LOVE THY CARROT

real food made with love

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ROASTED EGGPLANT WITH HONEY AND CHILES

This recipe makes enough to serve 6 as an appetizer

INGREDIENTS

4 or 5 baby eggplants, halved, or 2 regular eggplants
5 fresh green Thai chiles, halved lengthwise
1/4 cup honey or maple syrup
2 tablespoons olive oil
salt and freshly ground pepper

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Prepare a baking sheet with parchment paper.
3. Toss eggplants and chiles with the honey and oil. (I do this directly on the cookie sheet).
4. Roast eggplants (skin sides up) and chiles until the eggplant is golden, about 20 minutes. Turn eggplant over and roast about 10 more minutes or until the eggplant is soften. (Keep an eye on the chiles, they may be done after 20 minutes, just remove from the baking sheet and set aside.)
5. Season with salt and pepper and serve.

COOKS NOTES

Give each guest there own eggplant and have them scoop out the filling and spread on a baguette.

Serve as a side dish on top of some peppery arugula with some crumbled soft cheese like chevre or feta.