

Spiced aubergine dip



Serves 4

Known as Apples of Sodom in the Middle Ages, this dip proves that aubergines do not have to be swimming in olive oil to be tasty! It also makes a great salad - dollop a large spoonful in the middle of mixed leaves and other salad veg to eat with crusty bread. Use the standard, large purple aubergines.



- 2 aubergines
 - 2 large eggs
 - 2 large tomatoes
 - 4-6 salad onions
 - 1 red chilli
 - A small handful of parsley or mint
 - 1 clove garlic
 - 1 tbsp capers
1. Bake the aubergines in a hot oven at gas mark 7, 220°C, 425°F or in the Roasting Oven of an Aga for 35-40 minutes, until slightly wizened and tender when poked with a sharp knife. Alternatively, BBQ over hot coals. Leave to cool.
 2. Place the eggs in a pan of cold water, bring to the boil and simmer for 5 minutes. Run immediately under cold water, crack the shells and leave in cold water until required.
 3. Chop the tomatoes and slice the salad onions. Seed the chilli then chop it finely with the parsley or mint, garlic and capers. Shell and finely chop the hard-boiled eggs.
 4. Roughly chop then purée the aubergines. Stir in the remaining ingredients and season well with salt and pepper. Add a little olive oil if you wish and serve, preferably at room temperature.