

Recipes and Tips



Aubergine Papoutsakia

Serves 4

These make a delicious starter or light lunch. Originally a Greek dish, the word means “slipper” and refers to the shape of the cut aubergines

2 Aubergines
3 tablespoons olive oil
2 tablespoon thyme
1 onion
1 clove(s) of garlic
2 tablespoon(s) thyme, dry
1/4 teaspoon(s) cinnamon
250 g ground lamb
400 g canned tomatoes
50 g gruyere cheese, grated
1 bunch parsley
1 tablespoon(s) mint
salt pepper

1. Cut the aubergines in half lengthways, score and brush with olive oil, thyme and season.
2. Bake them for 30 mins at 200 degrees, until softened, then make a dent in the centre with a spoon.
3. For the filling, Place a non-stick pan over high heat. Add 1 tablespoon of olive oil and let it get very hot.
4. Finely chop the onion and garlic and add them to the pan along with the thyme, cinnamon, salt and pepper. Stir with a wooden spoon and sauté for about 5 minutes, until they caramelize nicely then add the ground meat and sauté for 2-3 minutes until golden.
5. Add the tomatoes and allow the mixture to boil for 10-15 minutes, until it reduces. When ready, remove from heat and set aside to cool a little. Add the gruyere, parsley, thyme and mint. Mix and fill the eggplants with a spoon.
6. Spoon the sauce over the aubergines and bake for 5 minutes until golden.

For the Bechamel Sauce.

20 g butter
20 g all-purpose flour
salt pepper
200 g whole milk, at room temperature
50 g gruyere cheese, grated
1/4 teaspoon ground nutmeg

Melt the butter in a saucepan, then stir in the flour. Cook for 2 mins on a medium heat. Add the milk gradually, stirring continually over a medium heat. As the sauce comes to the boil, it will thicken. Turn down the heat, stir in the other ingredients and leave to simmer for two minutes.

Spoon the sauce over the aubergines and bake for 5 minutes until golden.