

TURKISH GRILLED EGGPLANT SANDWICH WITH SPICY RED PEPPER AND WALNUT PUREE

YIELD 6 SERVINGS

BY CHEF MEYER



Ingredients

For the eggplant slices:

- 1 large eggplant, peeled and cut into 12 one-inch-thick slices
- 1/3 cup Olive oil
- 1 tbsp garlic, finely minced
- 1 tbsp ground cumin seed, toasted
- 2 tbsp lemon juice
- salt and freshly ground black pepper to taste

For the roasted red pepper-walnut spread:

- 2 ea large red bell peppers
- 1 tbsp garlic, finely minced
- 2-3 ea jalapenos, finely minced
- 1 tbsp ground cumin seed
- 1/4 cup EVOO
- 2 tbsp lemon juice
- 2/3 cup toasted walnuts, chopped medium fine
- salt and pepper to taste

For the mayonnaise:

- 1/2 cup Vegan mayonnaise
- 1/2 cup Vegan nonfat yogurt
- 1 tsp lemon zest, grated
- 3 tbsp mint, finely chopped
- salt and pepper to taste

For the sandwiches:

- 6 ea. Pita bread rounds
- 6 bunches watercress, coarse stems removed
- 24 each mint leaves

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1. Preheat the broiler.
2. Whisk together the olive oil, garlic, cumin seed and lemon juice in a shallow bowl. Dip eggplant slices in the season oil, sprinkle with salt and pepper and broil or grill until tender, about two minutes on each side. Set the eggplant slices in drain tray. Taste and adjust salt. You could also bake the eggplant in a 400-degree oven until tender, turning once. It will take about 20 minutes.
3. Roast the peppers in the broiler, over a grill or a gas flame, turning often, until charred all over. Put in a covered plastic container to steam for 10-15 minutes. Peel, seed and cut up coarsely.
4. Put the peppers, garlic, jalapenos, cumin, olive oil and lemon juice in the container of a food processor and pulse until blended. Pulse in walnuts at the end and do not over process. The mixture should be chunky and spicy. Season with salt and pepper.
5. In a small bowl, combine the mayonnaise, yogurt, lemon zest and chopped mint.
6. Cut the pita bread in half. Spread the mayonnaise inside the pita on the bottom, of the pocket.
7. Place the two mint leaves and a small sprig of watercress on the mayonnaise. Layer in an eggplant slice atop the cress and mint, top it with a generous layer of red pepper spread.