

Salt and Serenity

Eggplant Carpaccio

I learned how to make this delicious appetizer from Chef Erez Kedem of Arcadia Restaurant in Jerusalem.

Serves 4 as an appetizer

1 large eggplant, or 2 medium eggplants
¼ cup raw tahini
¼ cup plain yogurt
1 ripe tomato, peeled, and finely chopped
2 tablespoons olive oil
1-2 tablespoons freshly squeezed lemon juice
1 clove garlic, finely minced
Kosher salt
Freshly ground black pepper
¼ cup finely chopped parsley
¼ cup walnuts, toasted and chopped

1. Over the flame of a gas stove or on a gas BBQ, char eggplant over high heat. Occasionally turn eggplant with tongs to ensure it gets charred on all sides, including the top and bottom. Press eggplant with tongs to test for readiness. It must feel quite soft. This will take about 20 minutes. Be patient.
2. Let eggplant cool slightly, and then using the side of a knife, scrape off all the charred skin. Cut the flesh away from the seeds. The easiest way to do this is to cut off all 4 sides and leave the seeds in the center.
3. Divide eggplant flesh evenly among 4 plates. Using the back of a fork, flatten the eggplant on the plate so that it lies in a thin layer.
4. Spread a bit of minced garlic over the eggplant. Drizzle eggplant with olive oil and lemon juice. Sprinkle with salt and pepper.
5. Drizzle raw tahini, yogurt and diced tomatoes around the edge of the plate.
6. Finish with a fine topping of minced parsley and chopped walnuts. This is best served warm but will also taste great at room temperature.