

# Salt and Serenity

## Sabbich (Israeli Eggplant Sandwiches)

Serves 4

½ cup tahini  
1 small clove garlic, minced  
2 Tablespoons lemon juice  
2 Tablespoons chopped Italian parsley  
½ teaspoon kosher salt  
½ cup hot water  
2 Israeli (also called Lebanese) cucumbers, diced into ¼ inch pieces  
2 plum tomatoes, diced into ¼ inch pieces  
¼ cup chopped Italian parsley  
1 tablespoon lemon juice  
2 tablespoons olive oil  
¼ teaspoon kosher salt  
Pinch of black pepper  
¼ cup red wine vinegar  
¼ cup water  
1 tablespoon kosher salt  
1 teaspoon white sugar  
¼ red onion, thinly sliced  
2 medium eggplants, peeled, sliced into ½ inch rounds  
vegetable oil  
Kosher salt for seasoning cooked eggplant  
4 hardboiled eggs, sliced  
1/8 head cabbage, thinly sliced  
2 teaspoons white wine vinegar  
Pinch of Kosher salt  
½ cup store bought Hummus  
2 Tablespoons pickled jalapenos  
3 large dill pickles, thinly sliced  
1 avocado, peeled and diced into ½ inch pieces  
4 pita with pockets (I love the flax seed pita from Pita Break)

1. Make Tahini sauce: Mix together tahini, garlic, lemon juice, parsley, salt and hot water. Transfer to a small serving dish and set aside.

2. Make Israeli salad: Mix together cucumber, tomatoes, parsley, lemon juice, olive oil and salt and pepper. Transfer to a small serving dish and set aside.
3. Make pickled onions: In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the red onions and let them "pickle" for about 30 - 60 minutes. Drain onions and discard pickling liquid.
4. Preheat oven to 200°F and wrap pita in foil. Place in oven to warm through while you fry eggplant.
5. Pour enough oil to coat bottom of 12-inch skillet set over medium-high heat. When shimmering, add as many eggplant slices as will fit in one layer. Cook for about four minutes a side, or until they are well browned on each side. Drain on paper towel lined baking sheet and lightly salt. Add just enough oil to cover bottom of the skillet again. Repeat process until all of the eggplant slices have been cooked.
6. Mix sliced cabbage, white wine vinegar and salt in a small bowl. Set aside.
7. Set out all the ingredients in small serving bowls. Cut pita in half and open up the pocket. Spread inside of pita with hummus. Fill pitas with a little bit of Israeli salad, pickled onions, eggplant, hardboiled egg, cabbage, pickled jalapenos, pickles and avocado. Drizzle with tahini sauce. Eat very carefully over a plate as this is one messy drippy delicious sandwich!