

Eggplant Fritters

serves 4

Ingredients

1 large Italian eggplant or 2-3 asian eggplants, cut into ½ inch thick slices
2 tbsp olive oil
1 egg, lightly beaten
2 garlic cloves, crushed
4 tbsp chopped fresh parsley
2 ¼ cups fresh breadcrumbs
1 cup grated parmesan cheese
1 cup feta cheese crumbles
3 tbsp plain flour
sunflower oil, grapeseed oil, or some vegetable oil for frying
salt and fresh ground pepper

To Serve:

natural yogurt, flavored with fried chilies and cumin seeds
lime wedges

Directions

Preheat oven to 375. Brush eggplant with olive oil, then place them on a baking sheet and bake for about 20 minutes until golden and tender. Chop the slices finely and place them in a bowl with the egg, garlic, parsley, breadcrumbs, parmesan, and feta. Add salt and pepper to taste and mix well. Leave the mixture to rest for about 20 minutes. If the mixture looks very sloppy, add more breadcrumbs.

Divide the mixture into eight balls and flatten them slightly. Place the flour on a plate and season with salt and pepper. Coat the fritters in the flour, shaking off excess.

Shallow fry the fritters in batches for 1 minute on each side, until golden brown. Drain on paper towels and serve with the flavored yogurt and lime wedges.