

# Stir-Fried Eggplants with Tomato and Parmesan Cheese

From – Madhur Jaffery's *World Vegetarian*

1 large eggplant  
salt  
¼ cup olive oil  
3 garlic cloves, lightly crushed and peeled but left whole  
½ tsp dried oregano  
2 tsp fresh lemon juice  
1/8 tsp cayenne  
1 large tomato, peeled, seeded, and chopped  
freshly ground black pepper  
3 Tbsp grated Parmesan cheese  
2 Tbsp finely chopped fresh parsley, preferably flat-leaf

- Quarter the eggplant and then cut the sections crosswise into ½ inch wide pieces.
- Put 5 cups of water in a wide bowl. Add 1 Tbsp salt and stir to mix. Put in the eggplant pieces. Upturn a smallish plate on top of the eggplant pieces to keep them submerged. The plate should stay inside the bowl. Set aside for 40 minutes. Drain and pat the eggplant pieces as dry as possible with a clean dish towel.
- Put the oil in a large frying pan and set over high heat. When hot, put in the garlic and a second later the eggplant. Turn the heat down to medium-high. Stir and fry until the eggplant pieces are lightly browned on both sides, about 4 minutes.
- Put in ½ tsp salt, oregano, lemon juice, and cayenne. Stir to mix and then put in ½ cup of water. Cover, turn the heat to low, and cook very gently for 10 minutes, or until the eggplant pieces are tender.
- Uncover, put in the tomato and pepper to taste, and turn the heat up to medium-high. Stir and fry 1 -2 minutes. Turn off the heat. Add the Parmesan cheese and parley. Toss, check for salt, and serve immediately.



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