

Stuffed eggplant with smoked tofu



For 2 servings:

1 large eggplant
200 g smoked tofu, finely chopped
1 onion, finely chopped
3-5 garlic cloves, finely chopped
1 tsp. rosemary
1 tsp. oregano
1 tablespoon olive oil
salt and pepper, to taste
grated vegan cheese (optional)

Wash the eggplant and cut in half lengthwise. Using a small knife, cut a border inside each eggplant about 1 cm thick. Scoop out the core with a teaspoon. Sprinkle the eggplants with salt, brush with a little bit oil and bake them in the oven for about 10-20 minutes, until tender.

Heat the oil in a small saucepan and stir fry the onion for 2-3 minutes. Add the finely chopped eggplant core, garlic, rosemary and oregano. Cover and simmer. Stir occasionally, add 1-2 tablespoons of water if needed.

When the eggplant is done add the smoked tofu, salt and pepper to taste and mix well.

Stuff the eggplants, top with grated vegan cheese and bake in the oven (175- 200 C) until golden brown (15-20 minutes).

Serve with salad.



Peasant's cold buffet



The plateau includes:

1. Bean spread (see the recipe [here](#))
2. Eggplant salad (see the recipe [here](#))
3. Zacusca (see the recipe [here](#))
4. Chickpea patties (see the recipe [here](#))

5. lettuce, tomatoes, cucumber, red onion, olives, etc.



Quick baked eggplant



Quick baked eggplant

For 3-4 servings:

3 large eggplants

1 head of garlic, finely chopped

1 can diced tomatoes (or 1/2 kg tomatoes, finely chopped)

2-3 tsp. oregano (dried or fresh)

2 tablespoons olive oil

salt and pepper, to taste

Wash the eggplants and slice them lengthwise, about 1 cm

thick. Grill each slice about 2-3 minutes per side.

Grease an oven tray with a little olive oil and place a layer of eggplant, add on top some garlic, oregano, salt, pepper and tomatoes. Repeat the process until you get 3-4 layers.

Bake in the oven, on medium heat, about 1/2 hour.

Variation: the eggplants can be used without being grilled, but you have to bake them longer in the oven.

Pasta alla Norma



Pasta alla Norma

For 4 servings:

500 g pasta (penne, rigatoni, spaghetti, etc.)

2-3 eggplants, sliced □□approx.. 0.5 cm

750 ml tomato passata (or 1/2 kg ripe tomatoes, finely chopped)

1 head of garlic, finely cut

2 tablespoons olive oil

fresh basil, finely chopped (to taste)

salt and pepper, to taste

Cook the pasta according to package directions. Drain.

Grill the eggplant slices on the pre-heated grill, 2-3 minutes on each side.

Heat the olive oil in a saucepan and add the garlic. Stir fry for about 2-3 minutes. Add the tomato passata (or the chopped tomatoes), cover and simmer until the sauce has reduced slightly. Stir occasionally.

Add the eggplant slices, salt and pepper and cook for few minutes.

Put the pasta on a plate and add the sauce on top. Garnish with fresh basil.

Baingan Bharta



Baingan Bharta

For 2-3 servings:

2 large eggplants

1 onion, finely chopped

2 tomatoes, finely chopped

2-3 cloves of garlic, mashed (optional)

1 cm fresh ginger, grated (or 1 teaspoon ginger powder)
fresh chili/chili powder, to taste
1/2 teaspoon cumin seeds
1 teaspoon coriander powder
1/2 teaspoon turmeric
1/2 teaspoon garam masala (optional)
1 tablespoon oil
fresh coriander, finely chopped
salt, to taste

Heat the (pan)grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and chop them. Set aside.

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for few minutes then add the tomatoes, coriander powder and chili.

Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced than add the eggplants, turmeric, garam masala and garlic. Cook further for another few minutes. Add salt to taste and garnish with fresh coriander.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Zacusca (romanian vegetable spread)



Zacusca

For 6 servings:

- 3 large eggplants
- 6 bell peppers
- 2 onions, finely chopped
- 6-7 large ripe tomatoes, finely chopped
- 3 bay leaves
- 15 peppercorns
- 2 tablespoons oil
- salt to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Wash the sweet peppers, dry with a kitchen towel and grill, on each side. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to help release the peel).



Process the eggplants and sweet peppers with a food processor until fine (not smooth).

Heat the oil in a saucepan and add the onions. Stir fry for few minutes than add the tomatoes, bay leaves and peppercorns. Cover and simmer, stirring occasionally, until the sauce has reduced.

Add the eggplants and sweet peppers mix. Mix well. Cover and simmer further, stirring occasionally, until you get the consistency of a spread. Finally add salt to taste.

Serve cold with pickles.

Zacusca can be refrigerate and consumed up to 3 days.

Eggplant and chickpea Curry



Eggplant and chickpea Curry

For 4 servings:

2-3 eggplants, cubed

300 g cooked chickpeas

1 onion, chopped

3-4 cloves garlic, finely chopped

2 cm fresh ginger, grated / 2 tsp. ginger powder
7-8 tomatoes, finely chopped / 1 can diced tomatoes (400g)
1 teaspoon cumin seeds
1/2 teaspoon turmeric
2 tsp. coriander powder
chili / cayenne pepper, to taste
salt, to taste
1 tablespoon oil

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the eggplants, garlic, coriander, ginger, chili and the tomatoes and a little bit of water if needed. Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced and the eggplants are done. Add the cooked chickpeas and turmeric, cook for another 2-3 minutes. Add salt to taste.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Breaded eggplant



Breaded eggplant

For 3-4 servings:

3 eggplants, cut it into approx. 1 cm (1/2-inch)-thick slices
1/2 cup flour
1/2 cup soy milk
1 cup bread crumbs
salt and pepper, to taste

oil for frying

Mix the flour with salt and pepper.

Dredge the eggplant slices through flour, shake off the excess, dip into soy milk and finally cover evenly with breadcrumbs.

Fry in hot oil on both sides until golden brown.

Serve hot with salad or garlic sauce.

Note: you can also bake the eggplants in the oven for about 20 minutes.

Romanian eggplant salad



Romanian eggplant salad

3-4 eggplants

1 medium onion, very finely chopped

25 ml of olive oil

25 ml sunflower oil

salt, to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Process the eggplants with a food processor (not very fine). Remove into a bowl and add the oil, the onion and salt to taste. Mix well.

Serve on bread with tomatoes.

If you have guests for dinner you can serve eggplant salad stuffed tomatoes. Cut the tops of the tomatoes, pick the core with a teaspoon and leave them to drain upside down, for a few minutes. Fill them with eggplant salad and garnish with parsley.

Eggplant moussaka



Eggplant moussaka

For 4-5 servings:

4-5 eggplants

For the filling:

2 packs tofu (about 700g)
2 onions, finely chopped
4 tablespoons mix seasoning
1 tablespoon dried thyme
2 teaspoons paprika powder
1 kg tomatoes / 800 g can diced tomatoes
5-6 cloves of garlic, finely chopped
1 tablespoons oil
salt and pepper

Drain tofu well. Crush it with a fork, add all the spices, the garlic, salt and pepper to taste and mix. Refrigerate for several hours.

Heat the oil in a saucepan and stir fry the onions for 2-3 minutes. Add the tomatoes. Cover and simmer till the sauce thicken, than add the tofu.

Cut the eggplants in slices of approx. 0.5 cm and grill approx. 1-2 minutes on each side.

Put half of the eggplant slices in an oven pan, add the tofu mix and spread evenly. Top the mix with the remaining eggplant slices.

Sprinkle some dried thyme and brush with a little oil / tomato sauce to prevent it from drying. Bake until the eggplant is golden brown (20-30 minutes).

Variation: instead of tofu you can use soya granules.