

Eggplant in Olive Oil

Traditional Turkish Eggplant in Olive Oil (Zeytinyağı Patlıcan) - a healthy, vegan Mediterranean dish served cold as meze or side.

15	25	40	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Eggplant in Olive Oil

Ingredients

- 4 eggplant
- 3 tomato
- 4 clove garlic
- 1 granulated sugar
- 1 tsp salt
- 1 olive oil
- 1 cup water

Instructions

- 1 Prepare the vegetables**

Wash 4 medium eggplants under cold running water and pat dry. Cut into 1-inch cubes, leaving the skin on.
- 2** Wash 3 large tomatoes and dice into 1-inch pieces. Mince 4 cloves garlic finely using a knife or garlic press.
- 3 Cook the eggplant**

Heat 1 cup extra virgin olive oil in a large heavy-bottomed saucepan over medium heat until shimmering, about 2-3 minutes.
- 4** Add eggplant cubes to the hot oil and cook for 8-10 minutes, stirring gently every 2-3 minutes, until they begin to soften and turn golden.
- 5** Add diced tomatoes, minced garlic, 1 teaspoon sugar, and 1 teaspoon salt to the pan. Stir gently to combine.
- 6** Pour 1 cup boiling water into the pan and bring to a gentle boil over medium-high heat, about 2-3 minutes.
- 7** Reduce heat to low, cover the pan, and simmer for 15-20 minutes, stirring occasionally, until eggplant is fork-tender but still holds its shape.
- 8** Remove from heat and let cool completely to room temperature, about 1 hour.
- 9 Serve**

Transfer to a serving dish and serve at room temperature as part of a meze spread or as a side dish.

Tips

Salt the cubed eggplant and let it sit for 30 minutes before cooking to remove any bitterness, then pat dry with paper towels.

Use the best quality extra virgin olive oil you can afford - it makes a significant difference in the final flavor of this dish.

Don't rush the cooking process; slow, gentle simmering allows the eggplant to properly absorb the oil and develop the right texture.

Taste and adjust the sugar during cooking - some eggplants are naturally more bitter and may need a touch more sugar for balance.

Allow the dish to cool completely before serving; it tastes best at room temperature when all flavors have had time to meld.

Store leftovers in the refrigerator in a covered container where they'll keep for up to 5 days and actually improve in flavor.

Serve with crusty bread to soak up the flavorful olive oil, or alongside other Mediterranean dishes for a complete meze spread.