

Fatteh

Traditional Middle Eastern Eggplant Fatteh with crispy pita, roasted eggplant, chickpeas, and tangy yogurt sauce.
A hearty vegetarian breakfast dish.

10 min

PREP

10 min

COOK

20 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 lb eggplant
- 2 lb potato
- 2 cup boiled chickpea
- 1 cup strained yogurt
- 2 tbsp olive oil
- 3 clove garlic
- 1 pinch salt
- 2 cup sunflower oil
- 1 pomegranate

Instructions

- 1 Prepare the eggplant**

Cut 2 lb eggplant into 3/4-inch cubes. Sprinkle generously with salt and let sit for 30 minutes to draw out moisture. Pat completely dry with paper towels.
- 2** Heat oil in a large skillet over medium-high heat to 175°C (350°F). Fry eggplant cubes in batches for 8-10 minutes, turning occasionally, until golden brown and tender. Transfer to paper towels to drain.
- 3 Toast the pita**

Preheat oven to 200°C (400°F). Cut 2 lb pita bread into bite-sized triangles and toss with 2 tablespoons olive oil and salt. Spread on baking sheet and bake for 8-12 minutes until deep golden and crispy.
- 4 Make the yogurt sauce**

Combine 2 cups yogurt, 3 minced garlic cloves, and 1 pinch salt in a bowl. Whisk until completely smooth and

creamy.

5 **Warm the chickpeas**

Heat 1 cup chickpeas in a saucepan over medium heat for 3-4 minutes until warmed through. Season with salt to taste.

6 **Assemble and serve**

Arrange toasted pita triangles on a large serving platter. Top with warm chickpeas and fried eggplant, then drizzle yogurt sauce generously over everything. Garnish with 2 cups fresh herbs and serve immediately.

Tips

Choose smaller, younger eggplants for the best texture and fewer bitter compounds. Salt the cubed eggplant for 30 minutes before cooking to draw out excess moisture and bitterness, then pat completely dry.

Toast pita bread until deeply golden and completely crisp - it should sound hollow when tapped. Underdone bread will become soggy quickly when topped with yogurt sauce.

Let cooked chickpeas cool completely before adding to the dish. Hot chickpeas will create steam that softens the crispy pita and makes the yogurt sauce watery.

Strain Greek yogurt through cheesecloth for 2-3 hours to achieve an extra-thick, restaurant-quality sauce that won't make the bread soggy.

Keep all components at room temperature for 20 minutes before assembling - this prevents condensation and allows flavors to meld properly without temperature shock.

Garnish with toasted pine nuts, sumac, or pomegranate seeds just before serving for added texture and visual appeal. These garnishes should go on last to maintain their crunch.

Use a wide, shallow serving platter rather than a deep bowl - this allows each diner to get the perfect ratio of all components in every bite.

Double the recipe components and store separately for quick weekday meals - simply toast fresh pita and assemble when ready to eat.