

Sour Eggplant

Sour Eggplant with tender chickpeas and beef in a tangy tomato sauce. This Middle Eastern comfort dish combines rich flavors with hearty ingredients.

20 min

PREP

20 min

COOK

40 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 3 eggplant
- 0.5 cup chickpea
- 10 oz stew meat
- 3 tomato
- 1 onion
- 4 clove garlic
- 1 tbsp sunflower oil
- 2 tsp salt
- 0.5 lemon

Instructions

1 Prepare the chickpeas

Soak 1 cup dried chickpeas in 3 cups water for 8 hours or overnight. Drain and rinse the chickpeas under cold running water until the water runs clear.

2 Prepare the vegetables and meat

Cut 3 medium eggplants into 1-inch cubes and set aside. Dice 1 large onion and mince 4 cloves garlic. Cut 10 oz beef into 1-inch cubes and season all sides with salt and pepper.

3 Cook the chickpeas

Place the drained chickpeas in a large pot and cover with water by 2 inches. Bring to a boil over high heat, then reduce to medium-low and simmer for 45-60 minutes until the chickpeas are tender when pierced with a fork.

4 **Sear the beef**

Heat 1 tablespoon olive oil in a large heavy-bottomed pot over medium-high heat until shimmering. Add the seasoned beef cubes and sear for 2-3 minutes per side until deeply browned on all surfaces.

5 Add the diced onion to the pot with the beef and cook for 4-5 minutes, stirring occasionally, until the onion is soft and translucent. Add the minced garlic and cook for 1 minute until fragrant.

6 **Combine and simmer**

Add the cooked chickpeas with their cooking liquid to the pot. If needed, add more water to barely cover all ingredients. Bring to a boil, then reduce heat to low and simmer for 20 minutes.

7 Add the eggplant cubes and 3 diced tomatoes to the pot. Season with 2 teaspoons salt and stir gently to combine. Simmer for 15-20 minutes until the eggplant is completely tender and easily pierced with a fork.

8 **Finish and serve**

Remove the pot from heat and stir in the juice of 1/2 lemon. Taste and adjust seasoning with additional salt and pepper as needed. Let rest for 5 minutes before serving.

Tips

Soak chickpeas in salted water overnight for the creamiest texture – the salt helps break down the skins for better cooking.

Cut eggplant into uniform 1-inch cubes to ensure even cooking, and don't add them too early or they'll become mushy.

Brown the beef in batches if necessary to avoid overcrowding the pan, which creates steam instead of the desired caramelization.

Keep the simmer gentle after adding all ingredients – vigorous boiling will break apart the vegetables and make the dish mushy.

Add the lemon juice at the very end and off the heat to preserve its bright, fresh flavor and prevent curdling.

Taste and adjust seasoning after adding lemon juice, as the acid can mute salt and spices.

Let the dish rest for 10 minutes before serving to allow the flavors to settle and the sauce to thicken slightly.