



Roast Eggplant Dip

1 eggplant
2 red bell peppers
1 red onion
3 cloves garlic, minced
1 ½ tsp kosher salt
½ tsp fresh ground black pepper
½ tsp white pepper
½ tsp ground cumin
3 tbs olive oil
1 serrano or jalapeno pepper, minced
2 green onions, diced fine
1-2 pepperoncinis
¼ cup chopped fresh parsley

Preparation:

1. Preheat oven to 350°F.
2. Cut the eggplant, red bell pepper and red onion into 1 inch cubes. Toss with garlic, salt, black and white pepper, cumin and olive oil. Spread on a baking sheet and roast for about 45 minutes, turning once during roasting. Vegetables should be lightly browned and slightly soft. Remove from oven and let cool for 10 minutes.
3. Place roasted vegetables into a food processor, add remaining ingredients. Blend by pulsing; the texture should not be completely smooth. Thin with additional olive oil if needed.
4. Can be served immediately or refrigerated. Serve with pita bread/chips or fresh baguette.

Makes about 3 cups of dip.

A long time ago Lori started a gourmet food catalog company. (So long ago that it actually was a catalog company, as there was no active internet to build a website. Remember that historical era?) One of the products was called “Cowboy Caviar”. Caviar comes in because the eggplant, the vinegar from the pepperoncinis and the salt provide a taste similar to caviar, but a lot cheaper. This style of eggplant-based dip is quite common in Eastern Europe, and is also similar to a Greek Melitzana dip.

There are a lot of strong flavors here, and a bit of spice heat. Red wine, something a bit bigger than a Pinot Noir, is called for.