



Trust Carolyn Wine Club

Recipes for pairing with Trust Carolyn
Wine Club November 2013 Selections

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Dukka Crusted Eggplant Salad

Serves 4

Ingredients:

- 2 medium eggplant
- 1 cup arugula
- ½ cup Dukka
- 1 egg
- ¼ cup corn starch
- ½ cup olive oil
- ½ cup plain yogurt
- 4 segments preserved lemon sliced thin
- 2 tablespoons cilantro
- ½ cup sliced red onion
- 1 garlic clove sliced thin

Preparation:

Slice the eggplant thin and lightly salt to remove the moisture let stand for 10 minutes then pat dry.

Combine the thinly sliced garlic, red onion, cilantro, preserved lime and yogurt for the dressing.

Dust the eggplant with the corn starch and then dredge in the egg wash and then into the dukka to crust.

Heat the olive oil and gently fry the eggplant. Let the eggplant cool slightly. Place eggplant on the plate and layer with the dressing and arugula.

Serve immediately.

