
Typ: Gemüse

Quelle: Middle Eastern Vegetarian Cooking

Bemerkungen: 5 Aug 2014: nach dem Anschmoren der Gemüsemischung habe ich eine gute Portion Ras al Hanout dazugegeben und eine Minute lang aromatisiert. Dann erst die Tomaten und die Petersilie dazu.

Das unten erwähnte Auffüllen mit Wasser bis 2/3 bedeckt ist, ist Unsinn. Ein paar EL Wasser zum Zitronensaft und allenfalls bei Bedarf etwas nachgießen. (Zuviel Wasser verdampft nie, und das Ganze wird ein Matsch!)

This is a well-known Turkish dish. Its name means the imam who fainted. It's not known whether he fainted because the dish was so delicious, or because he thought his wife was being extravagant making such a rich dish for a humble man of God. Whatever, I hope you can enjoy it without any pangs of conscience. The dish can be served as a starter or as a main meal. In the former case the aubergines are cut into small portions before serving.

Zutaten:

- 2 medium aubergines
- 2 cloves garlic
- 4 fl oz (100 ml) olive oil
- 2 tomatoes, chopped
- 2 medium onions, finely chopped
- 1 bunch parsley, chopped
- salt and black pepper to taste
- 1 medium green pepper, seeded and finely chopped
- juice 1 lemon (1/2 Zitrone genügt)
- water

Rezept: Wash the aubergines and cut the stems off. Cut them lengthwise into halves, and make a deep slit down the centre of each piece. Put the aubergines in a colander, salt them generously and set aside for 30 minutes. Now wash, drain and pat them dry. Using a little of the oil, lightly brown each half in a heavy frying pan and set aside (Nicht zu lange anbraten, sonst werden die Auberginen später matschig.). Add half the remaining oil to the frying pan and put in the onions, green pepper and garlic. Saute and stir the mixture until the onions are nicely softened. Add the tomatoes and parsley and cook for a further 2 or 3 minutes.

Season to taste with salt and black pepper. Arrange the aubergine halves in a baking dish and tightly pack the slash in each one with the onion and tomato filling. Sprinkle over the remaining oil and pour into the dish the lemon juice and enough water to come two-thirds the way up the side of the stuffed aubergines. Cover the dish and simmer gently near the top of the oven for 1 hour or until the aubergines are soft and well cooked. Allow to cool and serve cold. Alternatively, cover the stuffed aubergines with a tomato sauce and bake covered in a preheated oven, 190° C for 1 hour.