Aubergine tartar

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

Preparation

(For)varm ovnrummet til 230 °C i Varmluft med damp

Prick the aubergines all over with a knife or skewer, then place them on a baking tray that has been lined with baking paper. Put the baking tray into the preheated cooking space. Cook.

2 aubergines

Sæt retten ind

Varmluft med damp 230 °C i 20 Min.

1 clove of garlic

After the time is up, place the glove of garlic on the baking tray along with the aubergines. Cook.

Tilsæt ingredienser

Varmluft med damp 230 °C i 10 Min.

2 tbsp olive oil

1 pinch of cumin

1 sprig of basil

1 sprig of parsley

Salt

Pepper

Finely chop the parsley and basil.

After cooking, cut the aubergines in half and scrape out the flesh with a spoon. Peel and finely chop the garlic. Put the flesh from the aubergines, the garlic, parsley, basil and cumin in a bowl and stir together well. Season with salt and pepper.

Tips

Aubergine tartar goes well with grilled food, risotto and fried fish.

Tilbehør

Baking tray

Yderligere oplysninger

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