



# Aubergine tartar

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

## Preparation

### (Pre-)heat cooking space to 230 °C with Hot air + steaming

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

### Put the food in

**Hot air + steaming 230 °C for 20 Mins**

1 clove of garlic

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

### Add ingredients

**Hot air + steaming 230 °C for 10 Mins**

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.

## עצות

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





## אביזרים

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Baking tray

## מידע נוסף

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הופק ביום

11.12.2019

