Aubergine tartar

Recipe by V-ZUG Ltd.



Preparation	
Cooking time	
Portions	4

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.

Tips

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

Accessories

Baking tray

Additional information

Created on	27.02.2023