



Eggplant

Produced by:



THE LAND
CONNECTION

Fun Facts:

- First recorded in 1763, the word “eggplant” was originally applied to the variety with small white fruit that look like eggs.
- In Western Europe, they are called Aubergine.

Nutrition Information:

- Raw eggplant is composed of 92% water, 6% carbohydrates, and 1% protein.
- It provides small amounts of a wide range of essential vitamins and minerals, with manganese being the most plentiful.
- Eggplant, a member of the Nightshade family, contains some amount of the toxic substance solanine. However, you would have to eat roughly 36 raw eggplants to reach any hazardous level. Cooking neutralizes solanine.

Preparation:

- Eggplant can be peeled, but peeling is not essential. It depends on personal preference and the desired dish. The thin skin is not bitter.
- To remove excess moisture and any bitter taste from the seeds lightly salt slices, halves, or cubes of eggplant and let them sit in a colander for 20-30 minutes. Beads of water will appear on the top of the flesh as liquid is pulled out. This is called degorging. Rinse the eggplant under cool water while squeezing slightly; pat dry with paper towels.

Cooking:

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Grill: gently coat half-inch slices or halves with olive oil and sprinkle with salt and pepper. Place on a hot grill until tender and nicely charred.

Roast: leave eggplant whole, prick all over with a fork and bake at 400°F for about 30-40 minutes until flesh is tender and skin is charred. Cut in half and scoop out flesh. If cubed or sliced, reduce cooking time.

Steam: place eggplant in a steamer basket above an inch of boiling water for 15-30 minutes depending on size. Cut in half and scoop out flesh to make dips; slice/cube and toss with olive oil, salt, and pepper, or tomato sauce.

Stuff: slice in half and scoop out some flesh, leave just enough so the skin holds its shape when baked. Cook scooped flesh (typically boil, steam, or roast) and add to other ingredients to make filling of your choice. Stuff the skins with the filling and bake at 350°F for 40-60 minutes (depending on eggplant size and amount of filling).

Sauté: slice or cube, season as desired, and sauté with olive oil until caramelization/browning occurs and pieces are tender.

Batter: dip slices in a favorite batter and lightly fry in vegetable oil.

Storage:

- Eggplant is best when it's fresh. Store unrefrigerated at a cool room temperature or refrigerate in a crisper drawer for up to 1 week.
- For long-term storage of roasted, cooked, or dishes made with eggplant (including ratatouille and baba ghanouj), freeze in airtight containers or freezer bags.