

Melitzanosalata - Μελιτζανοσαλάτα (melitzanosalata)



Melitzanosalata is a simple, rustic Greek eggplant dip made with roasted, perfectly smoky eggplant with garlic, parsley, red onions, lemon juice and extra virgin olive oil. It's the perfect appetizer with pita or your favorite bread; or serve it next to grilled meats or even fish

SERVES	PREP	COOK	TOTAL	CUISINE
Serves 4-6	20 minutes	40 minutes	1 hour	Greek

Ingredients

- 2 medium aubergines (eggplants) (about 800 g / 1 lb 12 oz)
- 2 garlic cloves, finely grated or crushed to a paste
- 1 small red onion, very finely diced
- 2 tbsp flat-leaf parsley, finely chopped
- 2 tbsp lemon juice, freshly squeezed
- 4 tbsp extra-virgin olive oil, plus extra to serve
- 1 tsp red wine vinegar
- 1/2 tsp fine sea salt, plus more to taste



- 1/4 tsp freshly ground black pepper
- 1 pinch dried oregano, optional

Method

1. Preheat the oven to 220°C fan (240°C conventional, 475°F, gas mark 9). Line a baking tray with foil or baking paper.
2. Prick the aubergines all over with a fork, then place them on the tray. Roast on the middle shelf for 35-40 minutes, turning once halfway through, until the skins are well blistered and the flesh feels completely soft when pressed.
3. Remove the aubergines from the oven and leave them to cool until they are comfortable to handle, about 10 minutes.
4. Split the aubergines open lengthways and scoop the flesh into a sieve or colander. Leave to drain for 5-10 minutes to remove excess bitterness and moisture, pressing lightly with the back of a spoon.
5. Transfer the drained aubergine flesh to a chopping board and chop it finely with a knife, or leave it a little coarse if you prefer a more rustic texture.
6. Place the aubergine in a bowl with the garlic, red onion, parsley, lemon juice, olive oil, vinegar, salt and black pepper. Mix and fold gently until combined and lightly creamy, without overworking it.
7. Taste and adjust the seasoning with a little more salt or lemon juice if needed. If using, fold in the oregano.
8. Cover and chill for at least 15 minutes, or serve at room temperature for a softer, more pronounced aubergine flavour.
9. Transfer to a shallow bowl, make a small swirl on top with the back of a spoon, and finish with a drizzle of extra olive oil before serving.

To serve

Serve with warm pita, crusty bread or vegetable batons as part of a meze spread. It also sits well alongside grilled lamb, chicken or fish, with a crisp white wine or a light, dry rosé.

