

TOMATO AND AUBERGINE SABIH



USED BRESC PRODUCTS



Bresc Coriander puree
450g



Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Pomodori marinati
1000g



Bresc Red chilli puree
450g

INGREDIENTS

500
g



For the sabih

- 1 aubergine
- 2 dl olive oil
- 4 eggs
- 2 dl tahin (sesame paste)
- 1 bunch parsley
- 20 g Bresc Coriander puree
- 250 g Bresc Pomodori marinati
- 1 cucumber
- 4 spring onions
- 1 candied lemon
- salt

For the zhoug

- 50 g Bresc Red chilli puree
- 10 g Bresc Garlic chopped
- 1 bunch coriander
- 10 g caraway seeds
- 10 g cumin seeds
- 5 g coriander seeds
- olive oil
- salt

PREPARATION METHOD

Mix the tahin with a dash of hot water and a little salt (tahin sauce). For the sabih, cut the aubergine lengthways into slices and fry them in a little olive oil until golden-brown. Season with a little salt. Boil the eggs and cut into segments.

Chop the parsley, spring onion and cucumber finely. Mix them with the coriander puree, pomodori marinati and a little salt. Cut the candied lemon in half, remove the flesh and slice the peel into thin strips. Mix all the ingredients for the sabih.

For the zhoug, chop the coriander coarsely. Next, puree it in a high container, along with the red chilli, garlic, the caraway seeds and a little salt, to a smooth paste. Serve the sabih with zhoug and the tahin sauce.