

## smoked aubergine and yogurt purée

One of the most popular *meze* dishes, this garlic-flavoured purée, *patlican ezmesi*, varies from house to house and region to region, sometimes made with a heavy hand of garlic or a kick of chilli, or with the fresh taste of dill, mint or parsley. It is heavenly when freshly made, served with chunks of crusty bread for scooping up.

**1** Put the aubergines directly on the gas flame on top of the stove, or under a conventional grill (broiler), and turn them from time to time until the skin is charred on all sides and the flesh feels soft. Place them in a plastic bag and leave for a few minutes.

**2** Hold each aubergine by the stalk under cold running water and gently peel off the charred skin until you are left with just the smooth bulbous flesh. Squeeze the flesh with your fingers to get rid of any excess water and place it on a chopping board.

**3** Chop the aubergine flesh to a pulp, discarding the stalks. Put the flesh in a bowl with 30ml/2 tbsp oil, the lemon juice and garlic. Beat well to mix, then beat in the yogurt and season with salt and pepper. Transfer to a bowl, drizzle with olive oil and garnish with dill. Serve at room temperature, with lemon wedges for squeezing.

**to make a smoky salad** Toss the smoked aubergine flesh with the olive oil and lemon juice, some sliced spring onions (scallions), chopped tomatoes, parsley and dill, and you have *patlican salatasi*.

2 large, plump aubergines (eggplants)

30ml/2 tbsp olive oil, plus extra for drizzling

juice of 1 lemon

2–3 garlic cloves, crushed

225g/8oz/1 cup thick and creamy natural (plain) yogurt

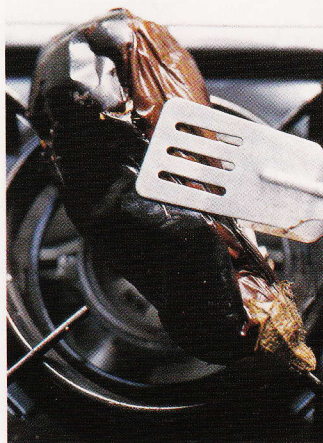
salt and ground black pepper

a few fresh dill fronds, to garnish

lemon wedges, to serve

### SERVES 4

**outdoor cooking** This is a great dish for a summer barbecue. Instead of charring the aubergines on the stove, lay them on the rack over hot charcoal and cook for 15–20 minutes, turning them from time to time until they are soft – the skin will remain firm, but the flesh will cook inside. Lift the aubergines off the rack, place on a chopping board and slit open lengthways with a sharp knife. Scoop out the flesh and chop to a pulp, then continue as above.



per portion Energy 103kcal/431k; Protein 4.4g; Carbohydrate 7.7g, of which sugars 6.4g; Fat 6.5g, of which saturates 1.2g; Cholesterol 1mg; Calcium 118mg; Fibre 2.3g; Sodium 49mg.

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