

Carrboro
FARMERS' MARKET
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YEAR ROUND *Celebrating 30 Seasons*

Eggplant Chips without the bitterness . . .
Recipe Provided by Market Customer: Sacha Knowles

Ingredients:

Eggplant (you can use the globe or Japanese kind)
1 clove fresh garlic
1 Tablespoon of fresh sage (chopped)
Olive oil

To get the bitterness out:

The night before, slice all the eggplant into thin disk slices (the thinner the better for chips). Eggplants hold a lot of moisture, so reducing the width makes them cook quicker and crispier. It is also the water within the eggplant that contains that bitter taste. Place a colander in a larger bowl or rimmed plate to catch the drained liquid. Place one or two layers of sliced eggplant into the colander and sprinkle a healthy amount of salt overtop. Layer with more slices and apply more salt until your eggplant is all in the colander. Don't worry about too much salt since much of this is lost when the liquid drains out. Place a weighted object on top of the eggplant to add pressure (I usually put a pot filled with water on top). Let sit overnight. The next morning about ½ cup of purple liquid will be drained in the bowl underneath.

Procedure:

Remove the eggplant (dab off with a paper towel if necessary). I place them on a broiling pan and rub olive oil into both sides of the disks. Preheat the oven to 400 degrees. I put a small amount of kosher salt on the top of the chips since there is already some salt on there from the draining process. Press one clove of garlic overtop and sprinkle with fresh sage. Place in the oven and turn chips with a spatula to cook evenly. Remove when crispy. These are great snacks and also are wonderful with hummus, salsa, beans, sour cream, etc!

***Ingredients Available at Market*