Sticky harissa and miso aubergine, chermoulah, tahini sauce, toasted almonds

Chef Ayesha Kalaji serves harissa and miso aubergine with tahini sauce in a dish that marries North African spices, Middle Eastern cuisine and a touch of Japanese umami.



# Sticky harissa and miso aubergine

This dish is sticky, sweet and spicy. The marinade can be used for any veg or protein. If you are missing ingredients, you can swap them out. It is all designed to be adaptable and something you can make at home.

Tahini is one of the most common ingredients in Middle Eastern food. Here we make a sauce for the base. Super versatile

Chermoulah is a spicy, herby, tangy north African sauce. Traditionally made with preserved lemons. We are just using lemon juice today though.

# Aubergines

## Equipment needed:

Chopping board

Chef knife

1 medium bowl

1 small bowl

Colander

Roasting dish

Frying pan

## Ingredients:

1 aubergine

3 tbsp rapeseed or any cooking oil.

Sea salt

## For the sauce:

1tbsp agave

1tbsp soy sauce

1tbsp rice wine vinegar

1 tbsp harissa

1tsp miso

## Method:

Pre heat the oven to 220c. HOT

Take the aubergine and slice in half. Cross hatch the surface on display

Place in a bowl, sprinkle over 1tsp of sea salt over the exposed surface. Leave for 15 minutes. The longer the better! We are trying to draw the moisture out.

Combine all sauce ingredients in a small bowl. You can use a sauce whisk or spoon for this!

When they have sat for fifteen minutes, wash off the excess salt and pat dry.

Add the rapeseed oil to a pan and turn up hot. Fry the aubergine face down in this until nice and evenly golden. This will take about five to seven minutes.

Put the aubergine face up in your roasting tray and pour half the sauce over them.

Put in the oven for 15 minutes

Take out the oven and add the other half of the sauce and put back in the oven for another 10-15 minutes. We want them to be squishy and caramelised.

# Tahini sauce

## Ingredients

30g tahini

30ml water + some extra

1 lemon

## Equipment

Small bowl

Chopping board

Small whisk

## Method

Mix the tahini with the water in a bowl.

Cut the lemon in half and squeeze the juice in, being careful not to get any seeds in!

Add some salt to taste and add more water or lemon juice if required.

## Chermoulah

25g of coriander, roughly chopped

10g of parsley, leaves picked and roughly chopped

5g of garlic, (about 1 clove)

Juice of one lemon

50ml of olive oil (extra virgin if possible, but pomace will work)

1 pinch of flaky sea salt

1 pinch paprika

1 pinch of cumin

1 pinch of cayenne pepper

This can be done in a blender of by hand!

## Blender method:

Microplane or finely grate the garlic into a blender

Add all the herbs, spices and blend until course. Add half the lemon juice.

Add half the oil.

Taste seasoning and add more lemon and more oil as appropriate until desired consistency is reached.

## Hand method:

Microplane or crush the garlic with your knife.

Finely chop all the herbs and add to a bowl

Add the lemon juice

Stir in the olive oil

Add salt to taste

## Garnish

Small handful of flaked almonds

Cooking oil

## Method:

Fry with a little oil in a pan over a medium heat. We want them to be golden brown

Pop them onto a plate with kitchen roll underneath to soak up excess oil

Season with salt

# Order of cooking!

1)Cut and salt aubergine

2)Preheat oven to 220

3)Make the marinade

4)Make the tahini sauce

5)Put frying pan on a medium heat

6)Fry the aubergine

7)Put half the marinade on the aubergines and put them in the oven

8)Start to make the chermoulah

9)Add the rest of the marinade to the aubergines

10)Use extra time to finish seasoning chermoulah

11)Turn pan onto medium heat and add a splash of cooking oil and the almonds.

12)Plate tahini first

13)Pile the aubergine on top

14)Drizzle over the chermoulah

15)Sprinkle with almonds

16)Service chef!

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| **Sticky aubergine** | **For 1** | **For 10** |
| Aubergine | 1 | 10 |
| Cooking oil | 3 tbsp (15ml) | 30tbsp (150ml) |
| Sea salt | Good pinch on each | Good pinch on each |
| Miso | 1 tsp (5g) | 10 tbsp (50g) |
| Harissa | 1tbsp (15g) | 10 tbsp (150g) |
| Agave | 1 tbsp (15ml) | 10 tbsp (150ml) |
| Soy | 1 tbsp (15ml) | 10 tbsp (150ml) |
| Rice wine vinegar | 1 tbsp (15ml |  |

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| **Tahini** | **For 1** | **For 10** |
| Tahini | 30 | 300 |
| Water | 30 | 300 |
| Lemon | 1/2 (20ml roughly) | 5 (200ml roughly) |
| Salt | To taste | To taste |

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| --- | --- | --- |
| **Chermoulah** | **For 1** | **For 10** |
| Coriander | 25g | 250g |
| Parsley | 10g | 100g |
| Garlic | 1 small clove | 10 small clove |
| Lemon Juice | 1 lemon (40ml roughly) |  10 lemons (400ml) |
| Olive oil | 50ml | 500ml |
| Paprika | 1 small pinch (0.3) | 10 small pinches (30g) |
| Cumin | 1 small pinch (0.3) | 10 small pinches (30g) |
| Cayenne | 1 small pinch (0.3) | 10 small pinches (30g) |
| Salt | 1 large pinch (0.4g) | 10 large pinch (40g) |