

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Eggplant Slices with Molasses + Thyme

1 medium eggplant ($\frac{3}{4}$ pound)
4 cups water
1 tbsp salt
 $\frac{1}{2}$ cup all purpose flour
2 tbsp semolina flour
 $\frac{1}{2}$ tsp cumin
Extra virgin olive oil for frying
Molasses, use dark molasses, not blackstrap
Fresh thyme, sprinkled on top

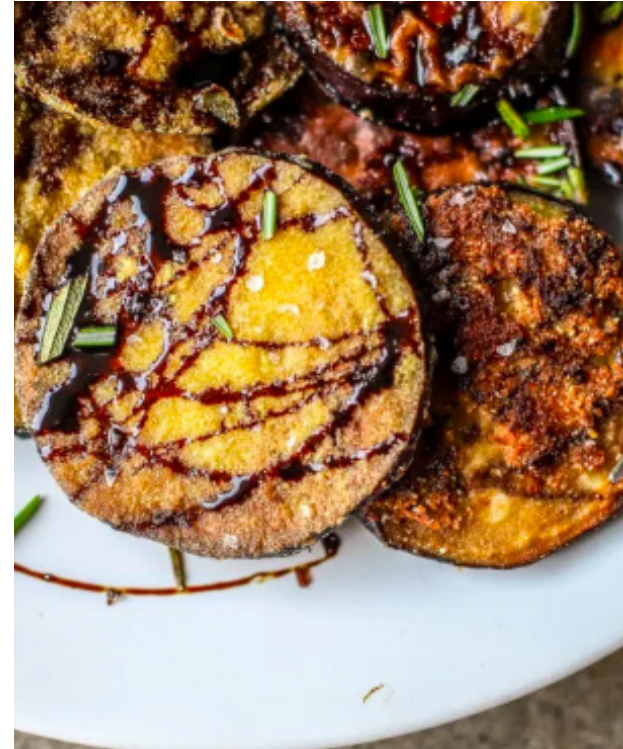
Slice eggplant thinly. Cut the stem and end off the eggplant. Slice it crosswise into very thin slices. Combine the water and salt in a bowl and stir to dissolve the salt. Add the eggplant slices to the water. Place a dish on top so the eggplant slices stay submerged. Soak the eggplant 30 minutes. Soaking in water will prevent the eggplant from soaking up too much oil when cooking.

Combine the flour, semolina and cumin in a shallow bowl. Drain the eggplant and pat it dry with a kitchen towel.

Drizzle extra virgin olive oil in a large skillet or on a griddle and heat to medium. Lay the eggplant on the skillet and cook for one to two minutes per side. Add more extra virgin olive oil if needed. Transfer to a wire rack. Continue until all eggplant is cooked.

To serve, drizzled with molasses and sprinkle with fresh thyme leaves. No need to salt it because it was soaked in salted water earlier.

Serves 2.



Recipe courtesy of Lynn Ogryzlo
Photograph courtesy of www.kelliesfoodtoglow.com

Episode 29: Age Related Frailty with Janet Pritchard

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Soaking the sliced eggplant in salt water removes any bitterness, keeps it from absorbing too much oil during cooking and also flavours it with salt. A small quantity of semolina flour adds a little texture. If you have it, I recommend you use it.

Because What You Put In Your Body Matters!