



# FRENCH AUBERGINE CAVIAR

## INGREDIENTS

Serving: Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

- 2 large aubergines
- 2 tbsp olive oil
- Salt and pepper to season
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 1 tbsp olive oil to cook the onion
- 1 tsp mustard
- 1 tbsp chopped tinned tomatoes
- 3 tbsp olive oil to make the caviar
- Juice of half a lemon
- Pinch of smoked paprika (optional)

## METHOD

Begin by cutting the aubergines in half lengthwise and scoring the cut surface with a crisscross pattern using a knife. Brush each surface with olive oil and season with salt and pepper. Then, transfer the aubergine halves to a baking tray with the skin side up.

Preheat the oven to 200°C / 400°F and set it to the grill/broiler function. Place the baking tray on the top shelf of the oven so that the aubergines are close to the heating element. Bake for 20-25 minutes until the aubergine skin is almost burnt and the flesh is mushy.

Meanwhile, in a medium-sized sauté pan, heat one tablespoon of oil over medium heat. Add the onions and garlic, season with some salt and pepper, and cook gently over low heat for 10-15 minutes until the onions are translucent. Add the chopped tomatoes and cook for a few more minutes, then set aside.

When the aubergines are ready, scrape the flesh into a bowl using a spoon. Mix in the onion and tomato mixture, season with salt and pepper to taste, then finish by adding the mustard, lemon juice, olive oil, and paprika (if using). Mix well, then refrigerate for at least two hours (overnight is best) to allow the flavors to develop.

To serve, spread the aubergine caviar generously over toasted slices of baguette as an appetizer.