

Grilled Eggplant with Creamy Polenta and Greek Relish

Ingredients

Creamy Polenta

4 cups water
1 teaspoons sea salt
1 cup polenta
1–2 tablespoons unsalted butter

Grilled Eggplant

2 medium eggplants, cut in 3/4 inch rounds
olive oil
sea salt

Fresh Greek Relish

1 cup tomatoes, chopped about 1 medium
1 cup cucumber, about 1 small
1/2 cup sweet onion, chopped small
1 tablespoon fresh oregano, finely chopped
1/2 cup fresh basil, torn into bite size pieces
1/3 cup pitted kalamata olives, cut in half
1/2 cup cooked chickpeas
2 teaspoons sherry vinegar
3 tablespoons olive oil
1/4 teaspoon sea salt
optional- 3-6 oz feta (sheep feta is preferred)
4 4-5-ounce tuna blocks, 1.5-inch by 2-inch by 5-inch
2 cups untoasted white sesame seeds
2 cups black sesame seeds
1 cup egg whites
2 limes for zest
Salt and pepper to taste



Method

Make Polenta:

Boil water with salt. Slowly add polenta while whisking. Stir until slightly thickening and fully incorporated. Turn heat to low. Cover and simmer for 20 minutes, stirring 2-3 times. Once polenta has softened, stir in butter or olive oil.

Make the Greek relish:

Mix all ingredients together in a medium bowl.

Grill Eggplant:

Heat the grill to full high heat.

Brush eggplant with olive oil.

Turn grill to medium heat and place eggplant on the grill. Close lid for 3- 4 minutes. Flip eggplant over and close lid again for another 3-4 minutes.

The eggplant will continue to soften once removed from the heat. You can stack them on top of each other, covered with foil, to continue to cook and soften.

Assemble:

Divide polenta among 4 bowls, then top with grilled eggplant and the fresh Greek relish.