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**MOUTH
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Smoked Eggplant/Aubergine & Lemon Pepper Soup

I make no secret of the fact that this soup is inspired by the infamous Baba Ganoush – the Middle Eastern dip. I love the smoky taste that permeates the flesh of the eggplant, and the contrasting flavours of the lemon. This soup is so satisfying, warming and tasty – a perfect and impressive low fat soup for all

occasions, and pretty easy to make too !

Serve with croutons, or crunchy bread of your choice.

Serves 3 to 4

INGREDIENTS

olive oil for frying

1 large eggplant/aubergine

2 cloves garlic

1 chopped tomato

1 tsp curry powder

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Share 4 cups (1 ltr) water

heaped Tbsp vegetable stock granules

alt to taste (don't bother omitting this, as it won't taste good without it)

juice of ½ lemon

Tbsp chopped parsley

1 Tbsp freshly chopped mint

1 Tbsp freshly ground pepper

METHOD

1. Firstly, pierce a large roasting fork into the flesh of the aubergine/eggplant, just below the stalk. Then place the aubergine over a naked flame, and turn it around every minute or so in all directions. Make sure you have a large plate by your side so that you can place the aubergine on it whilst you turn it and pierce the fork on the opposite side. Take care, as it will be hot.
2. When the skin begins to scorch and wrinkle, rotate the aubergine until all the skin is scorched. Then allow to cool.
3. Remove the peel – it will come off in small pieces, but don't despair. When peeled, cut the flesh into 3 to 4 pieces, place in a bowl and set aside.
4. Next, in a saucepan fry your garlic in olive oil on a low to medium heat, ensuring it doesn't burn.

5. Now add the chopped tomatoes and curry powder. Continue to mix, and then add the chopped cooked aubergine.

6. At this point, add the rest of the ingredients, except for the water, lemon juice and herbs. Mix, and then add 1 cup of water, and allow to simmer gently for 5 minutes before you add the rest of the water,

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7. Finally, add the lemon juice and herbs, and process until smooth. Taste for salt – it may need more.

8. Meanwhile, Bon Appétit.



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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !

suitable for vegans, vegetarians and meat-eaters alike





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Sweetest Cherry Chilli
(without the carne, of course)

Easy Thai Vegetable Green Curry (Served with Rose Rice Pistachios & Lime)



10 COMMENTS



VR

August 17, 2012 at 11:06 am

Hi Miriam, how are you? This recipe of yours reminds me of our Kathrikkai gotzu...its not exactly the same though but the base remains the same...

Its a south indian dish and you may find the recipe here...

<http://www.umakitchen.com/2011/09/chidambaram-gothsusutta-kathirikkai.html>



Miriam

August 17, 2012 at 3:17 pm

VR I think you may have meant to leave this comment on the Baba Ganoush recipe. (The 'infamous' must have come from one of my admins).



VR

August 18, 2012 at 7:59 am

Hi Miriam, Thanks for your response. I meant the comment for this recipe only...I have tasted Gotzu and it has its similarities to a soup...but then, you are The Expert.. 😊

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Miriam

August 18, 2012 at 9:29 am

That's fine VR, I have not tasted Gotzu, so I wouldn't know.



VR

August 18, 2012 at 10:32 am

Thanks again Miriam...I think i am now inspired to check out your recipe...but my major problem is that the Kitchen is not under my control...I will have to figure out a way to get this done...Wish me the Best.. 😊



Miriam

August 19, 2012 at 10:10 am

Good luck and I hope you make and enjoy it VR.



Franziska

August 30, 2012 at 3:03 pm

tried this soup today and it was just sooo good, thanks for the recipe 😊



Miriam

August 30, 2012 at 6:32 pm

Franziska Hi there and welcome here. I am delighted that you have made and loved this soup – that's super. I look forward to your future comments on my blog. Best wishes your way in the meantime !

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Annamaria

November 19, 2012 at 3:32 pm

Hi Miriam, any way i can make this without smoking the aubergine – we have an electric stove in our kitchen and with the rain outside today i can't see the BBQ neing of any use.



Miriam

November 19, 2012 at 5:59 pm

Annamaria Hi there. You can bake your aubergine in the oven until it's wrinkles (pierce a few holes in it 1st). Then follow the recipe as if you have scortched it. The only other thing you will need to do to acquire the smoked flavour is to add 1/2 teaspoon of smoked paprika to the soup. This should get you as close as possible to the original recipe. Hope these tips help. Let me know how it goes and best wishes in the meantime.