

ROASTED EGGPLANT WITH MACADAMIA AND SOFT HERBS

By Mitch Orr





FOR THE EGGPLANT:

Ingredients:

- 2 eggplants
- Extra virgin olive oil

Method:

1. Using a fork, prick the skin of the eggplants all over. This step allows steam to escape during cooking, preventing the eggplant from bursting while ensuring even cooking.

2. Set the Ninja Outdoor Oven to 370°C. The high temperature is crucial for achieving a beautifully charred and smoky eggplant. Add the Ninja All Purpose Blend Pellets in for the smoky flavour and ignite.

3. Rub the eggplants with a generous amount of oil. This helps in achieving a nice char and prevents the eggplants from sticking.

4. Once the oven has preheated and is smoky, place the eggplants onto the Ninja Outdoor Oven Roast Rack and close the lid to maintain the high temperature and smoke level.

5. Cook the eggplants for 30-40 minutes or until they become soft and luscious, turning every 10 minutes to ensure even charring. The exact time may vary depending on the size of the eggplants.

6. Once the eggplants are cooked, remove from the oven, and place them into a bowl, cover with cling film and allow to cool. Covering the eggplants traps the steam, which helps to loosen the skin, making it easier to peel.

7. Once cooled enough to handle, peel the skin from the eggplants. Reserve all the juices released.

FOR THE MACADAMIA BUTTER:

Ingredients:

- 250g macadamia
- 125g macadamia milk
- Murray River pink salt

Method:

1. Preheat the Ninja Outdoor Oven to 160C, place the macadamias in and roast until golden brown - this will take approximately 10-15 minutes. Give the nuts a mix every 5 minutes to ensure even cooking.

2. Once golden brown, transfer the macadamias to a mixer machine and blend until smooth and silky. Allow the mix to cool, then slowly blend in the macadamia milk to lighten the macadamia butter.

3. Season with salt.



FOR THE DRESSING:

Ingredients:

- 100mL eggplant juice
- 50mL rice wine vinegar
- 30mL maple syrup

Method:

- Whisk all ingredients together until well combined.

TO FINISH:

Ingredients:

- 1 roasted eggplant
- 50mL eggplant dressing
- 100g macadamia butter
- 20g toasted chopped macadamia
- 5g chervil
- 5g tarragon
- 5g chives
- Extra virgin olive oil
- Murray River pink salt



Method:

1. Using a spatula or the back of a spoon, spread a generous layer of the prepared macadamia butter across the centre of the plate.
2. Place the eggplant on top of the macadamia butter.
3. Drizzle the prepared eggplant dressing over the eggplant with the extra virgin olive oil. The dressing should enhance the flavour of the eggplant without overpowering it.
4. Sprinkle the salt over the eggplant and scatter the toasted macadamia over the top.
5. Scatter a mix of the herbs over the top of the dish for a burst of colour and freshness that balances the rich and smokey flavours of the dish.
6. Time to serve!



Mitch Orr

As the award-winning Chef Partner of Kiln and creative director of Prince Dining Room, Mitch Orr has built a culinary empire centered around the transformative power of wood-fire cooking. His multiple restaurants showcase innovative menus and unique flavours.

