Canned Eggplant Vinegar Chilli\n

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Ingredients\n

8 mini purple eggplants\n

Salt\n

1 clove of garlic\n

1 cup (25cl) of white vinegar\n

3 cups (75cl) of water\n

Good quality olive oil\n

1 bird pepper, whole or ground\n

Oregano\n

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Instructions\n

1. Wash the small eggplants and cut them into strips. Here I kept the slices attached by the stem. You can do the same with larger eggplants, but you’ll have to peel them.\n

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2. Eggplant is best when the bitter juice is drawn out before canning. Put eggplants in a colander and sprinkle with a good amount of salt. Allow the eggplant to drain for 1h, up to 1h30. For larger specimens, wait for 3h.\n

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3. Once this time has elapsed, rinse eggplants stripes and press them between your hands several times to drain as much water as possible.\n

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4. Bring water and vinegar to a boil in a saucepan and then soak eggplant for 2-3 minutes.\n

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5. Collect eggplant using a slotted spoon. Mix or layer your ingredients in the sterilized canning jar. Place them with a few pieces of peeled garlic, oregano, and a little bit of ground or minced pepper between each layers of eggplant. Press to pack it well, then cover with olive oil. Add a ladle of the boiled water/vinegar mix (or a tablespoon, depending on the size of the jar).\n

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6. Close the lid tightly and store in a cool, dark place for at least one week. The longer it sits, the better. Enjoy on fresh bread!\n

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