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

DIRECTIONS\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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Tips:\n

Regarding the water/vinegar mix, the 3/1 ratio is approximative and works well for small eggplants. Too much vinegar will alter the taste. But if you want to use bigger eggplants, just make sure to respect the principle of 2 parts water for 1 part vinegar (2/1 ratio).\n