

Eggplant Dip

From Nelson's Kitchen
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This is an eggplant and mushroom dip that I made for a party in 1996. A friend asked for the recipe and I wrote it. Now, in a flight from Dubai to Rio de Janeiro in 2019 I rediscovered the recipe in my old files and decided to include it in my collection.

Ingredients:

- 1 large eggplant
- 8 oz of white button mushrooms
- Two tablespoons of dry vermouth (or other dry wine).
- two large yellow onions
- olive oil
- black pepper
- parsley
- red or white vinegar

Procedure:

1. Salt the Eggplant

- Peel strips of the eggplant skin, and leave some of the strips in the eggplant.
- Cut a large eggplant in 3/4 in cubes.
- Put lots of salt and put in a pasta drainer and leave it over a plate or on the sink (the eggplant will "sweat" to remove the sharp taste). Let it stand for at least one hour.

2. Prepare the Mushrooms

- Wash and drain mushrooms and cut them in very small bits (if using the food processor, first cut the mushrooms in quarters with a knife and then pulsate the mushrooms.
- Sauté the mushrooms in olive oil in hot fire.
- When most of the liquid has evaporated, add crushed garlic (do not let the garlic stay in the hot oil for more than 20 seconds), add the wine.
- Put the mushrooms in a plate to use later.

3. Prepare the Onions

- Dice the onions in very small bits.
- Add some olive oil to the sauté pan and put all the onions at once, reduce fire, cover and let the onions "sweat" for about 10 minutes stirring from time to time.
- Increase the fire and stir until the onions are golden brown.
- Remove the cooked onions to a plate and reserve for later.

4. Cook the Eggplants

- Wash the cubed eggplant in fresh water and drain in paper towels.
- Add olive oil to the sautee pan and cook the eggplants in moderate heat until they are tender. They should be softened but not over brown.

5. Finish the Dip

- Add to the pan the cooked mushroom, the cooked onions, freshly cut parsley and let them cook together for a while.
- Taste for salt and season with salt and pepper to taste.
- Add dribbles of vinegar and keep tasting until you decide that the acidity of the dish is right for you.
- Transfer the dip to a bowl and put in the refrigerator overnight.
- Make sure to bring the dip to room temperature before serving.