



IMAM BAILDI

A dish from the east!

SERVINGS:8

Imam Baildi is a traditional Greek dish renowned for its rich and flavorful profile. The name, which translates to "the fainting priest" in English, is believed to reflect the idea that the aroma of the dish is so enticing that it could make a priest faint. This delectable dish consists of stuffed eggplants, typically split lengthwise and filled with a savory mixture of tomatoes, onions, garlic, and various herbs and spices.

INGREDIENTS

- 1 large white onion, finely sliced
- 2 cloves of garlic, finely chopped
- 1 banana pepper, diced
- 1 carrot, diced or grated
- 100 ml red or white wine
- 2 teaspoons dried basil
- Sea salt and black pepper
- 3 tablespoons tomato paste
- 1 tablespoon honey
- 200 ml water

INSTRUCTIONS

1. Preheat the oven to 190°C (375°F).
2. Cut the aubergines in half horizontally and score a crosshatch pattern into the exposed flesh using a sharp knife. Place the aubergines on a baking tray and roast for 40 minutes.
3. Once the aubergine flesh is soft, remove the pan from the oven and let it cool.
4. When the aubergine skins are touchable, use a teaspoon to scoop out the flesh, being careful not to damage the skin, and leave some flesh for added flavor. Smash the flesh to prepare it for cooking.



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PREPARATION OF THE FILLING

1. Heat a saucepan over high heat, add olive oil, and once hot, add the finely sliced onions. Sprinkle with sea salt to help release its sweetness.
2. Once the onions have softened, add the garlic and cook for two minutes.
3. Add the finely diced pepper and carrot, sautéing for a few minutes.
4. Season with more sea salt, pepper, and 2 teaspoons of dried basil.
5. Pour in the 100 ml of wine and wait until the alcohol evaporates.
6. Add the scooped flesh from the eggplants, sauté for 2 minutes, and add the 3 tbsp of tomato paste. Cook for a bit and check the color.
7. Add a tablespoon of honey to balance the sourness of the paste and enhance the texture.
8. Pour in 200 ml of water, stir, and let it cook for an additional 10 minutes.
9. Once the sauce is ready, stuff the eggplant pieces, sprinkle with desired feta, add cherry tomatoes for freshness, and drizzle with olive oil.
10. Return to the oven and bake for another 15-20 minutes at 190°C (375°F).

Καλή σας όρεξη! (Enjoy your meal!)



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