



Eggplant in Spicy Honey Sauce

from *The New Book of Middle Eastern Food* by Claudia Roden

Serves 4. The sauce is a splendid example of the hot, spicy, and sweet combinations which are a thrilling feature of North African cooking. Serve it cold with bread.

2 medium-large eggplants

Olive oil

Salt

3 cloves garlic, crushed

2 inches fresh gingerroot, grated, or cut into pieces and the juice squeezed out in a garlic press

1 1/2 tsp ground cumin

Large pinch of cayenne or ground chili pepper, to taste

4 to 6 TBSP T's Bees Honey

Juice of 1 lemon

2/3 cup water

Cut the eggplants into rounds about 1/3" thick. Do not peel them. Dip them in olive oil, turning them over, and cook on a griddle or under the broiler, turning them over once, until they are lightly browned. They do not need to be soft, as they will cook further in the sauce.

In a wide saucepan or skillet, fry the garlic in 2 TBSP of the oil for seconds only, stirring, then take off the heat. Add the ginger, cumin, and cayenne or ground chili pepper, honey, lemon juice, and water. Put in the eggplant slices and cook over low heat – either in batches, so that they are in one layer, or together, rearranging them so that each slice gets some time in the sauce – for about 10 minutes, or until the slices are soft and have absorbed the sauce. Add a little water if necessary.