

Grilled Charmoula Marinated Eggplant with Bulgur, Golden Raisin Jam & Almond Mousse

What You'll Need

Charmoula Marinade

- › ½ cup fresh lemon juice
- › ½ cup parsley, chopped
- › ½ cup cilantro, chopped
- › 6 garlic cloves, minced
- › 1 tbsp paprika
- › 2 tsp cumin
- › ½ tsp cayenne
- › Salt and pepper, to taste
- › 1 cup olive oil

Eggplant

- › 2 Red Sun Farms eggplants cut in ¼ seeds trimmed, and shaped
- › 2 tbsp kosher salt

Bulgur Wheat

- › 1 cup bulgur wheat
- › 2 cup vegetable stock
- › 2 oz tomato concassee
- › 4 oz cucumber, diced

- › 1 oz scallions, sliced
- › 1 tbsp garlic, minced
- › ½ cup lemon juice
- › 2/3 c olive oil
- › Salt and pepper, to taste

- › 1 oz mint, chopped
- › 1 oz parsley, chopped

Directions

Raisin Jam

- › 1 cup olive oil
- › 1. Cook all ingredients.
- › 2. Whisk in olive oil.
- › 1 garlic clove, minced

Eggplant

- › ¾ cup golden raisins
- › 1. Season the flesh side of the eggplant planks with salt.
- › 1 sprig thyme
- › 2. Let sit on rack, flesh side down, for 1 hour.
- › 1 oz sugar
- › 3. Place eggplant in a vacuum bag.
- › 1 cup champagne vinegar
- › 4. Add charmoula marinade.
- › Salt and pepper, to taste

Almond Brown Butter Mousse

- › 1 cup heavy cream
- › 30z almond slices, toasted
- › 1. Rinse bulgur in a strainer until all starch has been removed and water runs clear.
- › 1 oz brown butter
- › 2. Let dry slightly.
- › 4 tbsp lemon zest
- › 3. Place bulgur in a small bowl and toast for 10 minutes at 350°F.
- › Salt and pepper, to taste
- › 4. Place toasted bulgur in a small stainless bowl.
- › 5. Add 2 cups boiling vegetable stock, cover and let sit for 30 minutes.
- › 6. Drain off excess liquid.
- › 7. Let bulgur cool slightly then toss in all other ingredients.
- › 8. Hold for service.

Raisin Jam

1. In a small saucepot, sweat shallots in olive oil.
2. Add garlic, then raisins.
3. Sweat for 10 minutes.
4. Add all other ingredients and bring to a simmer.
5. Cook until liquid has reduced to a syrup and raisins are plump.
6. Hold for service.

Almond Brown Butter Mousse

1. Place heavy cream in a small sauce pot with the almonds.
2. Reduce by half.
3. Add brown butter and cook until cream is slightly thickened.
4. Strain out mixture and add lemon zest.
5. Adjust flavor with lemon juice, salt and pepper.
6. Chill for service.

Presentation

1. Grill eggplant.
2. Place bulgur salad on a plate.
3. Lay eggplant pieces cross ways on salad, slightly overlapping.
4. Place small spoonful of jam on 2 corners of eggplant.
5. Place almond mousse on the opposite 2 corners.
6. Garnish with micro amaranth.

