

Tarantine aubergines *(Side dishes)*



Preparation

Cut the aubergines in half along their length. Put them in salty lukewarm water so they lose their bitter juices. After half an hour, drain the water and gently dab them dry with kitchen paper. Make some cuts in the flesh with a knife. Prepare a rough paste of chopped olives, capers, basil and mint - combine well. Add the pecorino cheese and mix again. Oil the aubergines, then sprinkle over the prepared mixture and bake at 180°C for 45 minutes. The aubergine flesh should be very tender.

Tips

Don't neglect to soak the aubergines in salty water - the result will be much sweeter!

Trivia

In the Middle Ages all vegetables which came from far off countries used to be given the prefix "apple".

Information

Preparation 60 minutes

Total Time 45 minutes

Serves X Serves 2 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Aubergine (2 aubergines)

Olives (a handful of 'leccine' olives)

Capers (two tablespoons of capers)

Extra virgin olive oil

Pecorino sheep's cheese 20 grams

Basil (a few basil leaves)

Mint (a few mint leaves)