



We like to set ourselves little challenges. We've done the 'Ingredients Alphabet', 'Around the World' etc. So this time we're going to jump on the Vegetarian gig and do a 'Vegetarian Alphabet'

Aubergine for 'A' works.

We're not into the 'Fake Meat' concept so the Urad Dal which we bought from the local Continental shop added the Meaty texture.

Ingredients:-

Urad Dal ? (Split Black Lentils)

½ tube of Tomato Puree

1 Aubergine halved and scooped out. (Save the flesh)

3 Onions, sliced

2 cloves of Garlic, minced

Mixed Herbs

Salt & Pepper

Chilli Flakes

Mushrooms, sliced

Grated Cheese

Cherry Tomatoes

Oil

Method:-

(1) Add the Tomato Puree to a little water in a saucepan and bring the Urad Dal to the boil.

Reduce the heat, season with Salt and Pepper and simmer for a good hour. Add extra water as

required as they are very thirsty little dudes.

- (2) When the Urad Dal has expanded and softened take them off the heat.
- (3) In a frying pan fry the Onions until translucent.
- (4) Add the Mushrooms and fry for a further 5 minutes on a low heat.
- (5) Cut the Aubergine lengthways, scoop most of the flesh out and Oil.
- (6) Place in the oven at 180c and roast for 30 minutes.
- (7) Add the Aubergine flesh, Urad Dal and all the other ingredients excluding the grated Cheese and halved Cherry Tomatoes to the frying pan and fry gently stirring occasionally.
- (8) Remove the Aubergine halves from the oven and stuff with your filling.
- (9) Heat the grill.
- (10) Dress with the Cherry Tomatoes and grated Cheese and place under the grill.
- (11) When the Cheese has melted you're good to go.

We served ours with Chips and Peas. It was really very tasty and filling.