



SPICY CHICKPEA AND AUBERGINE STEW

FROM A TASTE OF THE
MEDITERRANEAN BY JACQUELINE
CLARK AND JOANNA FARROW

Ingredients

3 large aubergines, cubed
200g/7oz/1 cup chick-peas, soaked overnight
60ml/4 tbsp olive oil
3 garlic cloves, chopped
2 large onions, chopped
2.5ml/2 tsp ground cumin
2.5ml/2 tsp ground cinnamon
2.5ml/1 tsp ground coriander
3x 400g/14oz cans chopped tomatoes
salt and ground black pepper
cooked rice, to serve

FOR THE GARNISH

30ml/2 tbsp olive oil
1 onion, sliced
1 garlic clove, sliced
sprigs of coriander



Method

1. Place the aubergines in a colander and sprinkle them with salt. Sit the colander in a bowl and leave for 30 minutes, to allow the bitter juices to escape. Rinse with cold water and dry on kitchen paper.
2. Drain the chick-peas and put in a pan with enough water to cover. Bring to the boil and simmer for 30 minutes, or until tender. Drain.
3. Heat the oil in a large pan. Add the garlic and onion and cook gently, until soft. Add the spices and cook, stirring, for a few seconds. Add the aubergine and stir to coat with the spices and onion. Cook for 5 minutes. Add the tomatoes and chick-peas and season with salt and pepper. Cover and simmer for 20 minutes.
4. To make the garnish, heat the oil in a frying pan and when very hot add sliced onion and garlic. Fry until golden and crisp. Serve the stew on top of rice serves with the onion and garlic garnish and coriander