Grilled Charmoula Marinated Eggplant with Bulger, 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

Raisin Jam

- 1 tbsp olive oil
- 1 oz shallots, minced
- 1 garlic clove, minced
- ¼ cup golden raisins
- 1 sprig thyme
- 1oz sugar
- 1 cup champagne vinegar
- Salt and pepper, to taste

Almond Brown Butter Mousse

- 1 cup heavy cream
- 3oz almond slices, toasted
- 1oz brown butter
- 1 tbsp lemon zest
- Salt, pepper, and lemon juice to taste

Directions

Charmoula Marinade

1. Combine all ingredients.
2. Whisk in olive oil.

Eggplant

1. Season the flesh side of the eggplant planks with salt.
2. Let sit on rack, flesh side down, for 1 hour.
3. Place eggplant in a vacuum bag.
4. Add charmoula marinade.
5. Seal on high.
6. Reserve for service.

Bulgur Wheat

1. Rinse bulgur in a strainer until all starch has been removed and water runs clear.
2. Let dry slightly.
3. Place bulgur on sheet tray and toast for 10 minutes at 350°F.
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.