

# STUFFED EGGPLANT SKINS

## INGREDIENTS

- 1 string** Dried eggplant shells (35-40 pieces)(soaked for 1-2 hours in hot water)
- 3 C** Quinoa **OR** Wild rice (soaked for 1 hour) (washed) (drained)
- 1/2 C** Olive oil
- 1** Onion (large) (finely diced)
- 1/3 C** Bulgur (fine)
- 1** Tomato (large) (finely chopped)
- 2 T** Red bell pepper paste (divided)
- 1 t** Mint (dry)
- 1/2 t** Black pepper
- 4 t** Salt (divided)
  
- 3 5** Tomato paste (divided)
- 1 bunch** Parsley (finely chopped) (all stalk & branches reserved)
- 9 C** Water (boiling) (divided)
- 1 t** Sumac (ground)



## DIRECTIONS

- 1 Place olive oil in a hot large non-stick pan with a cover
- 2 Once the oil is warmed up add diced onion & cook stirring until onions are 'see thru' (3 - 5 minutes)
- 3 Add quinoa **OR** wild rice making sure its coated with the olive oil & cook (5 - 7 minutes)
- 4 Add the bulgur, tomato, red pepper paste dry mint, black pepper & 3 t salt
- 5 Mix well & finally stir in 6 C boiling water
- 6 Cover with the pan & let simmer for (10 minutes) (quinoa or rice should be done)
- 7 Set aside covered (15 minutes) & then take off the cover
- 8 Add the finely chopped parsley & let the mix cool
  
- 1 Line the bottom of a wide pot or deep pan with the reserved parsley branches & stalks
- 2 Using a small spoon stuff each dried eggplant skins with the quinoa or rice mix but not to the top
- 3 Arrange the filled skins tightly side by side (standing up)
- 4 In 2 qt bowl mix 1 T tomato paste, 1 T red bell pepper paste, 1 t sumac, 1 t salt & 3 C boiling water
- 5 Pour the thin sauce over the stuffed skins
- 6 Place a flat heat-proof plate & press hard to hold stuffed skins from sliding while cooking them.
- 7 Bring to boil on the high heat, bring the heat to medium & cook (40 minutes)
- 8 At 20 minutes, check to make sure the skins are not sticking to the bottom of pot
- 9 If they are sticking add some boiling water & cook for the last 20 minutes
- 10 Serve hot

## NOTES

- 1 See page 2 below for an alternative thick sauce
- 2 Serves 8
- 3 Some like to put thick yogurt or sour cream as a garnish
- 4 The dish keeps well in a fridge for a few days & even better the next day

# THICK FRUIT SAUCE

## INGREDIENTS

- 20** Prunes (pitted) **OR** Dates (pitted) **OR** Apricots **OR** a mix of your choice  
Lemon Juice (to taste)  
Sugar **OR** sugar substitute (2 taste)  
Garlic (to taste)

## DIRECTIONS

- 1 Process the fruit of your choice
- 2 Add the other ingredients (to taste)
- 3 Boil the mix until it becomes a thick sauce

