

Aubergine Tagine with Black Olives and Preserved Lemon

Suitable for Vegans and Vegetarians

Ingredients

- 1 tsp Cumin seeds
- 1 tsp Coriander seeds
- 1 tbsp Olive oil
- 2 Large onions, finely sliced
- 2 Garlic cloves
- Sea salt
- 10 Mini aubergines, halved, **or** 2 large aubergines, cut into cubes
- ½ tsp Ground cinnamon
- ¼ tsp Ground turmeric
- Pinch saffron
- 125 ml White wine
- 500 ml Water
- 1 tsp Stock powder
- 2 Small preserved lemons, flesh removed, finely chopped



- 120g Black olives, such as Kalamata or Couchillo, halved
- 4 Whole sprigs of thyme

Method

1. Toast the cumin and coriander seeds in a large pan until they are fragrant and darkening. Put them into a pestle and mortar, grind, then remove and put on a plate
2. Heat the oil in a pan and add the onions. Fry on a medium to high heat then put on the lid to sweat the onions. Grind the garlic and a sprinkle of sea salt in the pestle and mortar
3. The onions should be browning. Give them a stir and add a little water if they are sticking. Add the garlic and fry for 5 minutes, adding a splash of water if needed
4. Add the aubergine, spices and wine. Allow the wine to reduce by half before adding the water, stock, lemon, olives and thyme. Simmer for 30 minutes, adding splashes of water if needed
5. Serve with basmati rice, white or brown as you prefer