



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Eggplant Fritters

4 small eggplants
3 tbsp olive oil
1 sweet potato, peeled, boiled and mashed roughly
1 large egg, beaten
5 ounces queso fresco
1 garlic clove, crushed
2 cups fresh bread crumbs
Sea salt and freshly ground pepper
Panko crumbs

Preheat the grill to 400°F.

Place the eggplant directly on the grill. Using tongs turn eggplants every 5 minutes until they are soft and the skin has split. About 20 minutes

Use a spoon to scoop the eggplant flesh away from the skin. Discard the skin, chop the flesh finely and place in a colander to drain for twenty minutes.

In a medium mixing bowl mix sweet potato, eggplant, egg, cheese, garlic, breadcrumbs and salt and pepper. The mixture will be wet.

Heat olive oil in a large skillet over medium high heat.

Use a large spoonful of filling to shape into fritter. Coat with Panko crumbs then gently place in skillet. Fry until golden then turn over and repeat.

Lime Herb Sour Cream

½ cup thick sour cream
Zest and juice of 1 lime
2 tablespoons fresh tarragon, mint and oregano

Mix together.

THE LOVE: Make sure the eggplant is soft all the way through before taking off the grill. Also give it lots of time to drain.