
Eggplant and Chickpea Stew

2 ea. Eggplant

Salt

A good amount of olive oil

Black pepper

1 ea. Large onion, diced

2 ea. Red bell pepper, diced

1 ea. Hot banana pepper, de-seeded and diced small

2 cans Chickpeas (garbanzos) drained and rinsed

8-10 cloves Garlic, sliced thinly

1 can San Marzano tomatoes, chopped, use juice as well

1 pinch Saffron

2 C. Chicken stock

3-4 sprigs Fresh rosemary (Big sprigs – 6 Inches or so)

3-4 sprigs Fresh marjoram (Branches, really)

- 1) Dice eggplant. Spread on paper towels and season heavily with salt. Allow to stand for at least half an hour. When eggplant is weeping, squeeze well. This extracts a little of the bitterness.
- 2) Heat a wide skillet over high heat. Add olive oil and brown eggplant chunks in batches. Place only enough eggplant in the skillet so that there is a single layer. Don't fear the olive oil in this step. Eggplant will absorb oil before it browns and if you do not use enough, you'll be trying to dry roast the eggplant and it will burn.
- 3) In a separate pot, sweat onions in olive oil until soft. Add peppers, chickpeas, garlic, tomatoes, saffron, and stock. Reduce to a simmer. As batches of eggplant are browned, add them into the pot. When all eggplant is in, simmer for 20 minutes or so. Add herbs, adjust seasonings, and cook gently for another 20 minutes or so.
- 4) Eat.