



Chicken Aubergine

Yields: 6 servings

Ingredients:

2 medium skinless chicken breasts
4 medium skinless chicken thighs
1 medium onion diced
2 celery stalks diced
1 tsp ground turmeric
1 tsp nutmeg
1 tsp cinnamon
½ tsp salt
½ tsp pepper
1 Cup Kokomo Verjus
2 Tbsp Extra Virgin Olive Oil
1.5 Cup Canola Oil
6 medium Japanese eggplants
4 medium zucchinis
6 oz. diced stewed tomatoes
2 Tbsp tomato sauce

Preparation:

Peel the eggplant, cut a slit in the center of each one, salt them and set aside. Cut the zucchini in half lengthwise, and set aside with the eggplant.

Heat canola oil in a pan on medium-high heat and fry the eggplant and zucchini until they are golden on each side (approximately 10 minutes). Remove from the pan and set aside.

In a large stewing pot, heat olive oil on medium-high heat, add onions and celery, and season with turmeric, salt and pepper and sauté until golden brown.

Add the chicken thighs and breasts to the pot, season them with the nutmeg and sauté them on high heat for 5 minutes, flipping them to cook on both sides. Pour the verjus over chicken and swirl to coat. Remove the breast pieces once they are plumped up and opaque on both sides (5-7 minutes), and set aside on a plate. Add stewed tomatoes, tomato sauce, and the fried eggplant and zucchini to the remaining chicken thighs and continue cooking on medium-high heat for another 20 minutes. Add the chicken breast back to the stew and add cinnamon, and swirl the pot to incorporate. Cook for another 5 minutes, and then remove from the heat and allow the stew to stand for 30 minutes.

Serve the stew over steamed white basmati rice.