

## Silverbeet & eggplant 'eggah'

**Season:** Summer  
**Type:** Big Dishes  
**Difficulty:** Intermediate

**Serves:** 24 tastes in the classroom or 6 serves at home

**Fresh from the garden:** dill, eggs, eggplant, garlic, leeks, silverbeet

**Recipe Source:** Sunshine North Primary School, Victoria

So many cultures make versions of egg-based 'cakes'. The Spanish have their 'tortilla', the Arabs have 'eggah' and in Iran similar baked egg omelettes are known as 'kuku'. In Provence thick omelettes flavoured with different vegetables are sometimes layered and become 'crespeu'.

### Equipment:

large saucepan  
2 clean tea towels  
chopping board  
large knife  
2 medium bowls  
salad spinner  
slotted spoon  
colander  
measuring cups  
measuring spoons  
heavy-based frying pan  
fork  
spatula  
serving platter

### Ingredients:

1 large, or two small, eggplants  
200 g silverbeet leaves  
(about 8 medium stalks)  
2 leeks  
1 clove garlic  
several sprigs of dill  
 $\frac{1}{3}$  cup olive oil  
8 eggs  
2 tablespoons breadcrumbs  
100 g feta  
pinch of ground turmeric  
sea salt  
black pepper



### What to do:

- Set the large saucepan of water on to boil.
- Place a folded damp tea towel under the chopping board to prevent it from slipping.
- Wash the eggplant, slice off the stem end and cut the eggplant into slices, then cubes approx. 1 cm in size. Put them in a medium bowl and set aside.
- Wash the silverbeet. Trim the silverbeet stalks from the middle of the leaves and dry the leaves gently in a salad spinner.
- Peel any damaged outer leaves off the leeks. Rinse them under cold water and cut off any roots. Slice them carefully in half all the way along the long way. Gently wash each long half of leek in a bowl of water to shake out any grit between the layers. Shake off the water. Chop them into fine pieces and set aside.
- Peel the clove of garlic and crush it. Set it aside with the leeks.
- Wash the sprigs of dill, dry and chop them roughly. Set aside.



- When the water has come to the boil, blanch the eggplant cubes in the boiling water for 3 minutes, then remove with a slotted spoon and drain and squeeze lightly in a tea towel. Keep the bowl that the eggplant was in.
- Add silverbeet to the same water and blanch for 30 seconds. \* **Ask an adult to help you drain the silver beet into a colander.** Tip the silver beet from the colander into a sink or pot full of clean cold water to refresh it, then drain it again. Squeeze out the excess water, then chop the silver beet coarsely.
- Turn on the grill to medium–high.
- Heat ¼ cup of the olive oil in the frying pan over medium heat. Add the eggplant cubes and fry until golden. Put them back into the medium bowl using the slotted spoon.
- Add the chopped leeks and crushed garlic to the frying pan and cook for 5 minutes, then tip them into the bowl with the eggplant. Turn off the heat but keep the frying pan for later.
- Add the chopped silverbeet to the eggplant.
- Crack the eggs into a clean bowl and beat them with a fork.
- Tip the eggs in with the eggplant, silverbeet and leeks. Add 2 tablespoons bread crumbs, a pinch of turmeric, the dill, sea salt and black pepper.
- Weigh the feta and crumble it in to the bowl with the egg and vegetable mixture.
- Mix well, using a spatula to turn all the ingredients together.
- Heat the remaining oil in the frying pan over medium–high heat. When the oil is almost smoking, pour in the egg mixture carefully and cook until browned at the edges and three-quarters set.
- Place the frying pan under the grill (be careful to have the handle of the pan turned away from the grill, or the plastic will scorch).
- Cook for a further 5 minutes or until the eggs have set and the top is slightly golden.
- Cool for a few minutes, then invert onto a serving platter and cut into wedges.
- Serve the eggah warm or at room temperature.

