



SLOW-ROASTED EGGPLANT, FENNEL AND GARLIC

Adapted from Bon Appetit Magazine,
September 2018

Ingredients:

1 head garlic

½ cup extra-virgin olive oil

1 lb. eggplants, sliced into wedges

Kosher salt to taste

Zest of 1 lemon, removed in large strips
with a veggie peeler

Baby fennel bulb, with fronds

Lemon juice, for finishing

Directions:

Heat oven to 350 degrees.

Slice the top ¼ or so off the garlic head, so that the bulbs are exposed.

Toss garlic, eggplant, lemon peel and fennel bulb (chopped) and fennel fronds in a 2-quart baking dish. Season with salt.

Turn the garlic cut side down, and roast the veggies, tossing 2-3 times, until golden brown and crisp around the edges, about 1 hour and 10 minutes.

Remove from oven and toss with about a tablespoon of lemon juice. Serve.



Recipe Archive, LVFarm Academy

www.lowervalleyfarm.com