GRILLED EGGPLANT WITH TAHINI AND MEAT

Ingredients
4 eggplant
To prepare the sauce:
400 grams lamb meat
100 grams of lamb
3 garlic teeth
tablespoon tomato molasses
Half a teaspoon of salt
quarter tea spoon of black Peper
cinnamon pinch
pinch of nutmeg
5 pcs tomato
To prepare Mutabbal:
4 large garlic teeth
juice of one lemon
800 g full fat milk
2 tablespoons tahini
Half a teaspoon of salt
1 parsley
Almonds (or any other kind available for garnish)

Directions
We roast the eggplant pieces (eggplant is the type of veal egg that is the best thing for muttabal) in the oven (and you can grill them on gas as desired) on the highest heat above and below. To prepare the sauce: In a pot on the fire, we put the meat and fry it, then add the meat and fry it, then add finely chopped garlic and fry it with the previous ingredients, then add tomato molasses, salt, black pepper, cinnamon, nutmeg, then roast all the ingredients Then add the chopped tomatoes to them and leave them until the sauce thickens over a low heat. To prepare the spiced: In a bowl, put yogurt (full fat and baladi yogurt), garlic (finely crushed), lemon juice, tahini, salt, then mix the ingredients well. Method of application: we peel the eggplant pieces (you put the eggplant pieces in a bowl and cover them with nylon paper and leave them for a few minutes so that it is easy for you to peel them), then we grind the eggplant pieces, then add a little of the Bedouin mixture to them and re-grind the ingredients, then we pour the mixture into a bowl Serve, then add to them the sauce and decorate the dish with a little chopped parsley and roasted almonds in ghee, and then the dish is ready.

CHEF OMAR

Bon Apetit!