



Sheik al Meshi (Stuffed Eggplant)

Makes 12

Ingredients:

3/4 of a pound ground beef
1/3 cup olive oil
1 1/2 tsp Allspice
1/2tsp black pepper
2 tsp salt
2 cups of diced onion
1/4 cup of toasted pine nuts
12 Italian eggplants
6 cups vegetable oil for frying

For the Broth

3 cups of beef broth
1 cup of tomato puree





Directions:

Preheat oven to 350 degrees
Heat olive oil in large frying pan on high heat

Add ground beef into pan with salt, pepper, and Allspice. Move beef around the pan to break up the meet into smaller pieces. Cook until brown and crispy.

Add onions to the beef and cook until onions are soft.

Take mixture of the meat and place into a bowl.

Mix in toasted pine nuts.

Using a small knife, peel alternating 1/2 inch strips of skin off of the eggplant.

Heat the vegetable oil in a pot to 350 degrees.

Fry 3 eggplants at a time until they are golden in color. This takes about 8 minutes.

- Place 12 eggplants onto a roasting pan.

Using a spoon, create a lengthwise cavity. Take care not to cut all the way down, so as not to split the eggplant.

Put 3 tbsp of stuffing into each eggplant.

Mix together beef broth and tomato paste.

Cover the eggplants half way with sauce and bake for 15 minutes

Serve hot alongside basmati rice.

Recipe by Mirna Attar, Ya Hala Restaurant

