Fresh Vegetable

VIOLET EGGPLANT



Ref: EGP-02

Italian name: Melanzana violetta

Weight order: 6-7 kg

Description: Description: Eggplants belong to the nightshade family of vegetables, which also includes tomatoes, sweet peppers and potatoes. They grow in a manner much like tomatoes, hanging from the vines of a plant that grows several feet in height. While the different varieties do range slightly in taste and texture, one can generally describe the eggplant as having a pleasantly bitter taste and spongy texture. Eggplant becomes bitter with age.

Season: from February to September

Serving suggestion: Eggplant can be baked, braised, boiled, fried, grilled, roasted, sautéed, stewed. When young, the skin is delicious and edible; older eggplants should be peeled. The flesh discolors quickly, cut just before using. Eggplant matched well wit aioli, anchovies, bacon, balsamic vinegar, basil, bechamel sauce, brad crumbs, capers, cream, cumin, garlic, goat cheese, Gruyere, ham, lamb, lemon, mint, Mozzarella, mushrooms olive oil, olives, onions, oregano, Parmesan, parsley, peppers, pesto, pine nuts, rice, Ricotta, rosemary, shallots, thyme, tomatoes, walnuts, yogurt, zucchini.

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