Crumbed Eggplant with Minted Yoghurt

Season: Autumn
Type: Main
Difficulty: Medium
Serves: 18 tastes

Fresh from the garden: eggplant, garlic, mint, eggs
Recipe Source: taste

What to do:

- Place the eggplant in a large bowl and sprinkle with the salt.
- Set aside for 30 minutes.
- Rinse the eggplant and pat dry with paper towel.
- Meanwhile, combine the yoghurt, mint, garlic and lemon juice in a small bowl.
- Season with salt and pepper.
- Place the flour in a shallow bowl.
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- Whisk the eggs and milk in a shallow bowl.
- Place the breadcrumbs in a shallow bowl.
- Dip the eggplant in flour mixture and shake off excess.
- Dip in the egg mixture, then in breadcrumbs, pressing to coat.
- Add oil to a large frying pan to come 1cm up the side of the pan.
- Heat over medium-low heat.
- Cook eggplant slices for 1 minute each side or until golden.
- Transfer to a baking tray lined with paper towel.
- Repeat, with remaining eggplant, reheating the oil between batches.
- Serve with the mint yoghurt dip.

Equipment:
- Knives
- Chopping boards
- Juicer
- Cup measures
- Spoon measures
- Whisk
- Bowls
- Frypan
- Tongs

Ingredients:
- 1 large eggplant, cut into 5mm-thick slices
- 2 tablespoons salt
- 200 grams Greek-style natural yoghurt
- 1/2 cup chopped fresh mint
- 1/4 garlic clove, crushed
- 2 teaspoons fresh lemon juice
- 1 cup plain flour
- 3 eggs
- 1/3 cup milk
- 2 cups dried (packaged) breadcrumbs
- Olive oil, to shallow-fry