

# LYNCHBURG

is for

# LOCAVORES

COOKING DEMONSTRATION WITH LUCY COOK

ALL RECIPES ARE BY LUCY COOK



## Eggplant

### Korean Stir Fry Eggplant

Serves 6

- 1 T vegetable oil
- 1 clove garlic, minced
- 2 medium eggplants
- 1 T sesame oil
- 1 green onion, chopped
- 1 T soy sauce
- ½ t cayenne
- 1 t sesame seeds

Cut the eggplant into strips – about ½ inch by 3 inches.

Heat the vegetable oil in a wok, or large skillet over medium high heat. Add the garlic and eggplant and stir fry about 8 minutes until the eggplant is limp and starting to brown. Add the sesame oil, green onion, soy sauce and cayenne and stir fry another minute.

Sprinkle with sesame seeds and serve.

MORE RECIPES ON THE BACK! →

## Individual Eggplant Parmesan

Serves six

6 small eggplants

1 one-pound ball of fresh local mozzarella cut into 12 pieces/or you can substitute plain chevre

4 small tomatoes, cored, then cut into three slices each

salt and pepper

olive oil

small bunch of fresh basil

Slice each eggplant from just below the stem to the end, into three slices (keeping the stem on!).

Gently press down to spread the slices out. Place a tomato slice and a slice of eggplant between each eggplant segment. Place on a baking sheet, and sprinkle with salt and pepper and drizzle with olive oil.

Bake at 350 for 20-30 minutes, depending on the size of the eggplants. Garnish with chopped basil and a little extra drizzle of olive oil.

## Eggplant Caviar

Makes 2 cups

1 large eggplant

2 large cloves garlic

2 T lemon juice

1 handful Italian parsley

2 green onions, chopped

2 T olive oil

Preheat the oven to 400 or preheat the grill. Roast the eggplant, pricked several times but whole, for about 40 minutes. Wrap the garlic in foil and roast at the same time.

Let cool.

Scrape the flesh of the eggplant into a food processor, along with the roasted garlic. Add the remaining ingredients, and process until creamy. Season to taste with salt and pepper.

Serve in hollowed cherry tomatoes, or with toasted pita bread.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS  
TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: PEPPERS!



And be sure to use our new #LynchburgsForLocavores on Instagram to show us your locavore creations and adventures!

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