

## **PICKLED EGGPLANTS**

1. Peel eggplants and slice very thinly.  
(Optional: Sliced Red Peppers can be added. This gives good colour.)
2. Salt as you layer the eggplants in a deep dish.
3. Put a weight on them and leave for 24 hours.
4. Rinse quickly with cold water.
5. Mix white vinegar through them and again put weight on the them for another 24 hours.
6. Drain (if your think the vinegar taste is too strong.) Rinse with cold water.
7. Take some in your hands and squeeze as tightly as you can.
8. Add pepper, oregano, salt, cracked pepper, garlic, chilli, oil and mix through well.
9. Put into jars pressing tightly down. Cover with oil. Leave for a week then ready to eat.