

EGGPLANT JAM

Ingredients

Cinnamon stick

Half a teaspoon of lemon acid

2 liters of water

1.5 kg white coarse sugar

2 tablespoons lime

2 kg small eggplant

Directions

The stage of preparing the eggplant: In a bowl we put immersion water, then add lime, then stir the ingredients as much as possible, then we peel the eggplant, and then we cut each piece with a knife a little, then we put them in a bowl of water and leave them for a whole day, and then we wash the eggplant pieces with water. Then we put the pieces in a bowl of immersed water as well and put the bowl on a high heat and leave it until the beginning of boiling only and then we remove the bowl from the fire and we get rid of the hot water, and then we add cold water to them, and then we put them in a colander and leave them aside, then we press. On each piece of eggplant with your hands until the water comes out of the eggplant pieces, then we arrange them in a tray with a cloth and then cover them with a cloth as well.

To prepare the syrup: In a bowl we put sugar, water, then we mix them a little and then put the bowl on a low heat and leave it until it melts, after the sugar melts, we raise the temperature of the fire and add the eggplant pieces to the bowl and cinnamon and leave them until they boil until the color becomes light golden, and then reduce the fire. The fire becomes calm, and then we add the lemon acid to the bowl and leave the bowl for an hour - two hours until we get a golden color, and then we remove the bowl from the fire and leave it until it cools, then we put the eggplant pieces in a jar and add the syrup until immersion, and then the eggplant jam is ready .

C H E F O M A R

Bon Apetit!