

Smoked Aubergine In cheese sauce

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BBC
RADIO



Ingredients

2 large aubergines
225g/8oz cheddar cheese
40g/1½oz butter
2 tablespoons plain flour
600ml/1 pint milk (you may need a little more)
salt and freshly ground black pepper
Parmesan for grating on top



Method

Prep Time: 15 mins
Cooking Time: 20 mins

Serves: 4

1. Preheat the oven to 200F/mark 6/200C
2. Place the aubergines directly on the gas flame of your cooker or BBQ. Do not use an electric hob.
3. Smoke the aubergines for about 10 minutes, turning them from time to time, until soft and the skin is charred.
4. Put the cooked aubergines into a plastic bag to sweat for a few minutes. One at a time, remove from bag and hold under a running cold tap, and gently peel off the burnt skin, taking care to keep the aubergine in tact.
5. Hold the peeled aubergine by its stalk and squeeze out the excess water. Put aside and skin the other one. Place the peeled aubergines on a wooden board, chop off the stalks and chop the flesh to a pulp. Put aside.
6. In a heavy based pan, melt the butter. Stir in the flour off the heat to make a roux. Add the milk and return to the heat, stirring all the time, until smooth and thick. Beat in the cheddar cheese, a little at a time. Beat in the aubergine pulp and season to taste with salt and pepper.
7. Tip the mixture into a baking dish and sprinkle a generous layer of grated Parmesan over the top.
8. Place the dish in the oven for about 25 minutes, until the top is nicely browned. Serve immediately with fresh bread.