

# Braised Aubergines

*Pisto de berejenas*

SERVES 4

4 tablespoons olive oil

4 firm aubergines, diced

1 teaspoon cumin seeds

2 large onions, finely  
sliced

salt

*Gentle cooking enhances the sweetness of the onions, which contrasts with the smooth flesh and earthy flavour of the aubergines. Large, firm, meaty and purple-skinned in its Mediterranean incarnation, the aubergine cooks to a satisfying richness when paired, as here, with olive oil.*

1 Heat half the oil in a heavy frying pan and gently fry the aubergines, sprinkled with the cumin seeds and a little salt, until they soften and take colour. Be patient – first they will soak up oil like a sponge and then they will release it again, which is when they begin to fry a second time. Transfer to a sieve placed over a bowl to catch the drippings.

2 Return the drippings to the pan and fry the onions until soft and lightly golden. Take your time – allow at least 20 minutes. Stir in the aubergine and cook for another 5 minutes.

3 Leave to cool to room temperature. Eat with thick slices of country bread toasted over a direct flame and rubbed with garlic, if you like; perfect with a few slivers of Manchego cheese.