

Tomato, Eggplant and Roasted Corn Dip

Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef.

3 large tomatoes
2 small eggplants or 1 large
2 ears of corn
½ cup red onion medium diced
2 tablespoons garlic minced
2 tablespoons canola oil
1 tablespoon Texas Olive Ranch Olive Oil
El Pato Tortilla chips
Kosher salt and pepper

For the tomatoes: Bring a pot of lightly salted water up to a boil. While the water is boiling core the tomatoes and make a X on the bottom and get an ice bath ready. Place the tomatoes in the boiling water for 20-30 seconds and place into the ice water. Once the tomatoes are cool peel the skin off and then dice into ½ inch cubes. Set aside

For the eggplant: Preheat the oven to 350 degrees. While the oven is heating cut the eggplant in half and with the tip of a knife, score the flesh deeply in a diamond cross-hatch pattern by making two or three long cuts, cutting at a steep angle, and then rotating the eggplant to make another set of similar cuts. Press on the edges of the halves to open the cuts and sprinkle salt (1 to 1-1/2 tsp. total for all the halves) over the surface and into the cuts. Set aside for 30 minutes flesh side up. After 30 minutes lightly squeeze to extract the salty water out and pat dry. Place the eggplant on a baking pan flesh side up and brush the olive oil on top and place in the oven. Let the eggplant roast until soft approximately 1 hour depending on the size. Take out of the oven and let cool before handling. Once cool remove the skin from the eggplant and chop the flesh and set aside.

For the corn: Place the corn in the oven with the husk and let roast for approximately 30 minutes until the kernels are a little soft to the touch. Before removing the husk let the corn cool. Once the corn is cool remove the husk then using a knife remove the kernels from the cob and using the back of the knife scrap the cob to remove the pulp. Set aside.

To complete: Place a 10 inch sauté pan on medium heat and add the canola oil. Once the oil is hot add the onions and garlic and sweat until translucent. Add the eggplant and tomatoes and turn the heat down to low and let simmer for 30 minutes. Add the corn and let cook for at least 10 minutes more remove from the heat and season with salt and pepper. Place in the refrigerator to cool before serving. This can be made a day or two ahead. Great to use El Pato tortilla chips to eat the dip with.

Note: This is not meant to be spicy but rather trying to present the flavors of the veggies.