



Tania Rebello

Eats & Treats

BAHRAIN

to your heart's content



Ramadan Recipe that is Perfect For Sharing

Kashk Bademjan is a beautiful, mouthwatering warm starter prepared with eggplant. The creamy texture of eggplant against the crunchy walnut topping makes this Persian starter delightful to the palate. Smoky grilled or roasted eggplant skillfully combined with garlic, mint and kashk (Dried and fermented yoghurt) provides a well-balanced flavour profile. Caramelised onions add a pleasing sweetness to the dish. Prepare this irresistible starter for your family and watch them ask for more!

KASHK BADEMJAN

Ingredients:

- 1/4 cup extra-virgin olive oil
- 2 large eggplant peeled and thinly sliced vertically
- 1 large yellow onion thinly sliced
- 4 garlic cloves, minced
- 2 tablespoons dried mint
- 1/4 teaspoon turmeric powder
- 1/4 cup water
- 1/2 tablespoon bloomed saffron water
- 1/4-1/2 cup of kashk depending on your preference (and more for serving)
- Garnish: chopped walnuts
- Salt and pepper to taste

Instructions:

- Peel off the skin of the eggplant, slice the eggplant vertically.
- In a pan, heat olive oil and sear the eggplant in batches. Sear on both sides until golden brown and a bit caramelised. Set aside on a plate.
- While eggplant is cooking, bloom the saffron by putting 1/4th tsp of saffron in a mortar and pestle. Grind into a powder and add in a cup with 1-2 ice cubes. Once dissolved, you get bloomed saffron.
- In another skillet, add a little olive oil and sauté the onions until soft and golden brown.
- Add the garlic and dried mint to the onions and mix until combined on low flame. Set aside about 2-3 tablespoons for topping! Empty out the mixture and set aside.
- In the same skillet, add the eggplant, the onion/garlic/mint mixture, salt, pepper, turmeric and mix well. Add 1/4th cup of water and cover. This will allow the eggplant to fully cook through and soften (Around 10 minutes).
- Once the liquid has dissolved and eggplant is soft, mash the eggplant using a masher or fork. Keep the eggplant a bit chunky. When the dip is fully combined and mashed to your desired consistency, add in to the bloomed saffron, salt and pepper to taste and kashk. Mix well to combine on low heat for another 5-6 minutes.
- Serve Kashk Bademjan on a plate and top it with caramelized onion, sauteed dried mint, extra kashk, and chopped walnuts.



THE RITZ-CARLTON
BAHRAIN

EMBRACE THE SPIRIT OF RAMADAN

Step into Masaya Pavilion by stc, where the allure of Moroccan-inspired decor, adorned with enchanting fountains, intricate tile work, and ornate lanterns, creates a mesmerizing ambiance.

Embark on a culinary journey that honors the diverse flavors and traditional delights of the season, as we invite you to savor our carefully crafted menu featuring Arabic and international specialties.

Embrace the spirit of Ramadan as you gather with loved ones, partake in meaningful conversations, and immerse yourself in the sense of community and gratitude.

Iftar BHD 35 | Ghabga BHD 38

A special rate is available for groups of 30 and above. Children from 4 to 12 years dine with 50% savings, and children from 0 to 3 dine with our compliments.

For inquiries and reservations, please call +973 17586499.

IN PARTNERSHIP WITH

stc