

Eat Aubergine!

Although often associated with warmer, more exotic lands, the striking looking aubergine is widely cultivated in Britain. Its subtle and distinctive combination of textures and flavours - smooth, fleshy, creamy, smoky - make it a versatile and beguiling component of many great dishes.

HISTORY - The aubergine is thought to be of Indian origin and records show that it was being cultivated in China in the fifth century. From around the fifteenth century it became increasingly popular in Mediterranean Europe and has long been established in classic dishes such as moussaka (from Greece) and ratatouille (southern France). Influential cookery writer Elizabeth David played a significant role in bringing the aubergine to the attention of the British in the mid-twentieth century.

BIOLOGY - Aubergine (*Solanum melongena*) is botanically not a vegetable but a berry.

BUYING - Choose aubergines that feel heavy with smooth, taut, unblemished skin and fresh-looking unwithered green stalks.

COOKING - Scan the code below to view the recipe for *'Roast aubergine salad with chickpeas & tamarind'* on the seasonal recipes blog.



or visit: qmul sustainability.wordpress.com/recipes