

# CHRISTMAS RECIPES TO EAT WITH LEFTOVERS

## **BAKED AUBERGINE TAPENADE ~ an invigorating mixture for Blood Stagnation types**

1 large aubergine  
2 smallish bell peppers – red, yellow, green or orange  
1 small onion  
3 large garlic cloves  
Extra virgin olive oil  
Sea salt  
Thyme, rosemary and basil – fresh or dried, ½ teaspoon of each if dried, a few sprigs of each if fresh  
Red pepper flakes or cayenne pepper (optional)  
1 lemon (zest and juice)

Makes about 4 servings

Heat oven to 425 degrees F, 218 degrees C.  
Rinse the aubergine and peppers and cut the aubergine into 2 inch slices.  
Core and seed the peppers and cut them into quarters.  
Peel and slice the onion into quarters and then into 2 inch pieces.  
Peel the garlic cloves.



On a large baking tray arrange all the vegetables, coating each side with olive oil and sea salt and adding the herbs if dried – if fresh, just add the thyme and rosemary.  
Loosen the onion slices, add the red pepper flakes or cayenne pepper to taste and add a little of the zest of the lemon.

Bake in the oven for 15 – 20 minutes. Start checking after about 13 minutes, the aubergine slices should be soft in the middle when done and all the peppers, onions and garlic slightly browned, but not charred.  
Remove from the oven and allow to cool.

When cooled, chop all the bigger pieces into bite sized cubes into a serving bowl.  
Tear the fresh basil leaves, if using and add to the tapenade.  
Mix together, taste and season. If you are serving straight away squeeze a lemon over the mixture and serve at room temperature.

Note: this tastes great if you make it a day ahead; let it sit in the fridge overnight and then set it out to bring it to room temperature – in this case, taste it again as you may not need to add the lemon juice.  
Serve with grilled fish, cold meats or warm crusty bread.

