

## **Tian of Avocado with Aubergine and Prawns**

For all who love vegetables and fish cooked in a particular way, *Chakalaka* Restaurant proposes a delicious recipe made of avocado, aubergine and prawns.

Avocado was introduced to the Rainbow Nation in the 19<sup>th</sup> century and it was known by the Atzecs as “the fertility fruit”, whereas aubergine in South Africa English is famous as “brinjal” and represents the “King of Vegetables”. Mixed with the prawns these are the basic ingredients of the special recipe by *Chakalaka*, cooked by the typical tall, conical earthenware cooking vessel.

The name of the dish takes its origin from the traditional braised vegetable stew which comes from the old Dutch tradition.

*Chakalaka*'s chef, **Christa Janse Van Rensburg**, shows us how to cook this amazing South African dish, starting from the basic attitude full of love and passion towards the food and the Rainbow Nation.

### **The Ingredients you need to prepare an authentic Tian...**

- 2 large ripe tomatoes
- Olive oil for frying
- Salt and freshly ground black pepper to taste
- 1 large Aubergine, cut into four thick rings
- 2 ripe avocados
- 10 basil leaves, coarsely chopped
- Juice of ½ a lemon
- 20 large prawns, peeled and heads removed

- A metal cooking cutter/ring mould the same size as tomato slices
- 1 x sweet chilli sauce
- 1 x basil dressing
- Snipped chives to garnish

### **How to prepare a delicious Tian...**

- Fry four tomato slices in olive oil until browned, then season both sides with salt and pepper.
- Do the same with the Aubergine ( it will need more oil and will take longer to cook), drain on absorbent paper towel and season.
- Half the avocado and peel, cut into large cubes.
- Place in mixing bowl and with basil, lemon juice, salt and pepper and a splash of olive oil.
- Stir gently with hands, if you use a spoon it will ruin the avocado.
- Place into refrigerator.
- Season and fry the prawns in olive oil until browned. Don't overcook, no more than 2 minutes.
- To assemble: Place the cutter or ring mould in the middle of the plate.

- Wedge in the tomato slice, making sure it touches the edges.
- Add layer of the avocado mix, then an aubergine slice.
- Finish off with more avocado.
- Put five prawns on top of each tian.
- Then drizzle with sweet chilli dressing and a few drops of basil dressing.
- Garnish with freshly snipped chives.