

## Persian Eggplant Stew

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|-----------------------------|----------------------|
| 2 eggplants                 | ½ tsp pepper         |
| 5 tbsp shortening           | ¼ tsp nutmeg         |
| 2 tbsp butter               | 2 cups tomatoes      |
| 1 lb stew beef or round cut | 1 cup water          |
| 1 medium onion              | 3-4 tbsp lemon juice |
| 1 tsp salt                  | 1 large tomato       |
| ½ tsp cinnamon              |                      |

Cut beef into 1-inch cubes. Chop onion fine. Chop tomatoes in a blender. Cut eggplants into 1-inch slices. Quarter the large tomato.

Melt the butter in a large saucepan. Add beef, onion, and spices, and sauté until onions are just tender. Add the chopped tomatoes, water, and lemon juice and simmer for about 35 minutes over low heat.

Melt the shortening in a fry pan and sauté the eggplant slices separately. Add the eggplants, along with the quartered tomato, to the stew. Let sit for fifteen minutes. Serve as stew, or over rice or noodles.

Adapted from *In a Persian Kitchen* (1960).