BASCO
GOURMET SPAIN TO YOUR DOOR

Berenjenas con Miel



PREP TIME
5 MINS

COOK TIME
5 MINS

TOTAL TIME
10 MINS

SERVES 4 PEOPLE

EASY

Ingredients

2 aubergines, cut into batons or half an inch-thick sticks
Andalusian harina de trigo or plain flour
Miel de caña or black treacle
Cold water and fine salt
Vegetable oil to fry
Salt flakes

Method

Soak the aubergine pieces in salted water for 30 minutes.

Drain the aubergine and roll in the harina de trigo.

Fry for about 1 minutes on each side or until golden brown and drain onto some kitchen paper.

Serve on a warm plate with a drizzle of miel de caña and some sea salt flakes.

https://www.bascofinefoods.com/spanish-recipes/berenjenas-con-miel/