

Lamb and Aubergine Stew

750g Lamb backstraps (or any other tender lamb cut)
1 large onion
1 clove garlic
2 medium eggplant
1 can chopped Italian tomatoes
fresh basil and mint
Salt and Pepper
Pinch sugar
Olive oil

Cut lamb into 1" cubes. Sprinkle with plenty of basil and mint. Cut unpeeled eggplant into small cubes and put into colander. Sprinkle with salt and put a plate with weights on top and leave for at least half an hour until liquid runs out. Rinse and pat dry. Gently fry chopped onion and garlic in olive oil until transparent, and remove to a plate. Add more oil if necessary and brown the lamb in batches. Put lamb and onions together in a large flame-proof casserole, and now adding still more olive oil to the frypan, cook the eggplant gently for 10 minutes. Add them to the casserole also, along with the tomatoes, sugar, and water or stock if too dry. Salt and pepper to taste. Cook for 1 ½ hours on stovetop or 300 degree Fahrenheit oven.