



SPAIN

APPETIZER

PRINTABLE RECIPE PDF

Spanish Fried Eggplant with Cane Honey

Berenjenas fritas con miel de caña is a traditional Andalusian dish, showcasing the region's love for fried vegetables and the unique use of cane honey as a sweet

PREP

15 min

COOK

10 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 medium eggplant - cut into thin slices
- 100 g all-purpose flour - for coating
- 1/2 tsp salt - to taste
- 1/4 tsp black pepper - for seasoning
- 200 ml olive oil - for frying
- 2 tbsp cane honey - to drizzle on top

WHY THIS WORKS

About this recipe

A printable Spanish Fried Eggplant with Cane Honey recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Berenjenas fritas con miel de caña is a traditional Andalusian dish, showcasing the region's love for fried vegetables and the unique use of cane honey as a sweet and savory complement. This dish reflects the Moorish

ORIGIN & TRADITION

Mediterranean context

Berenjenas fritas con miel de caña is a traditional Andalusian dish, showcasing the region's love for fried vegetables and the unique use of cane honey as a sweet and savory complement. This dish reflects the Moorish influence on Spanish cuisine, where sweet and savory flavors are often combined.

METHOD

Step-by-step instructions

1

Begin by slicing the eggplant into thin rounds (about 0.5 cm thick) and sprinkle with salt. Let them sit for about 10 minutes to draw out moisture and bitterness.

2

Rinse the eggplant slices under cold water to remove excess salt and pat them dry with a paper towel.

3

In a shallow dish, combine the flour, salt, and black pepper. Dredge each eggplant slice in the flour mixture until fully coated.

4

Heat olive oil in a frying pan over medium heat. Once hot, fry the eggplant slices in batches for about 3-4 minutes on each side, or until golden brown and crispy.

5

Remove the fried eggplant and place them on a paper towel to absorb any excess oil. Serve warm, drizzled with cane honey.

CHEF'S TIP

For the crispiest results, make sure your oil is hot enough before adding the eggplant. If it's too cool, the eggplant will absorb oil and become soggy.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	15 g
Protein	4 g	Fiber	6 g
Carbohydrates	50 g	Sodium	300 mg

SERVING SUGGESTION

Traditionally served as a tapa, these fried eggplant slices are best enjoyed warm with a generous drizzle of cane honey and can be paired with a light, crisp white wine or a refreshing gazpacho.

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