

Eggplant Choka served with Tomato Bread by Cayo Coco Rum Bar



INGREDIENTS

FOR CHOKA

- 1 medium sized eggplant
- 1 heirloom tomato
- 4-5 garlic cloves (minced)
- 1/4 cup sherry vinegar
- Salt to taste
- Black pepper to taste
- 1/2 yellow onion, thinly sliced
- 1 wiri wiri pepper or scotch bonnet, chopped finely
- Fresh thyme leaves
- Olive oil
- Cilantro

FOR TOMATO BREAD

- 1 baguette
- 1 heirloom tomato
- 2 cloves garlic
- 1 tsp canola oil
- Salt to taste

DIRECTIONS

For the Choka: preheat oven to 350* F

Poke holes in eggplant with fork and place on a sheet tray. Wrap heirloom tomato in foil with oil and salt, roast for 30 minutes with eggplant.

Peel the roasted eggplant and tomato and place in medium sized mixing bowl. Add the remaining ingredients to bowl and mash together to form a dip-like consistency. Serve warm or chilled.

For the Tomato Bread: preheat oven to 350* F

Slice bread into 1/8 inch disc. Cut tomato and garlic in half. Rub bread slices with halved tomato and garlic cloves. Next, oil and salt the bread slices and bake for 10 minutes or until crispy. Enjoy!

CHEF'S NOTES:

Choka is a summertime appetizer commonly found on many Caribbean islands. Choka is a dip consisting of mashed eggplant and tomatoes with herbs and spices! We serve this with tomato bread, however this dip can be served with your favorite chips or bread.