



Photo courtesy of the Chef.

Tabbouleh with wild mushrooms, black garlic and baby aubergine



Chef André Chiang (Singapore)

Serves: 4

Ingredients:

(The mushrooms mentioned below are only suggestions. You may use any mushroom available in season)

- 1 oyster mushroom
- 1 hon shimeji mushroom
- 1 dry morel mushroom
- 1 chanterelle
- 1 dry black trumpet mushroom
- ¼ cup bulgur
- ¼ cup white quinoa
- ¼ cup red quinoa
- ¼ cup chives
- 1 tbsp truffle oil (optional)
- ¼ cup banana shallot
- 1 small onion
- 1 garlic clove, black
- 4 baby aubergines
- 4 slices jabugo ham (or optionally cured Iberian ham)
- 1 tbsp alioli

Preparation:

- Peel the aubergines. Steam them with the slices of ham for 25 minutes, until cooked through and tender.
- Sauté all the mushrooms available in season until slightly caramelized.
- Add the chopped onion, shallots and garlic.
- Strain the sautéed mushrooms and chop finely.
- Wash and gently boil the quinoa and bulgur. Blend the mushrooms into the grains.
- Season with salt, pepper and, optionally, a few drops of truffle oil or fresh truffles.
- Chop the black garlic and mash it into a puree. Pass through a sieve and make smooth with a spoonful of alioli.
- To serve, decorate the bottom of the plate with a spoonful of garlic paste and place the eggplant slightly on the paste, accompanied by the mushroom and grain mixture. Finely cut the chives with scissors and sprinkle over the mushroom and grain mixture.



Tip:

Alioli is very easy to make at home. Crush two cloves of garlic in a mortar. Add a pinch of salt and a tablespoon of lemon or vinegar. Then gradually pour a ¼ litre of olive oil, starting with one drop at a time, while stirring. Optionally, you can add eggs in preparing the sauce: one egg per garlic clove.