

Eggplant Fritters with Honey

BY CLAUDIA RODEN JUNE 2011 THE FOOD OF SPAIN

Yield Serves 4 to 5

Ingredients

2 eggplants (about 1/4 pounds)

About 2 cups milk

Flour for dusting or dredging

Salt

Olive or sunflower oil for deep-frying

Orange blossom honey or other aromatic runny honey

Preparation

Peel the eggplants and cut them into slices about 1/3 inch thick. Put them in a bowl, add enough milk to cover, and put a small plate on top to hold them down. Let soak for 1 hour; drain.

Cover a plate with plenty of flour mixed with a sprinkling of salt. Working in batches, turn the eggplant slices in this so that they are entirely covered with flour, then shake them to remove the excess. Deep-fry in sizzling but not too hot oil, turning the slices over as soon as the first side is brown. Drain on paper towels.

Serve hot with a dribble of honey, and let people help themselves to more honey if they like.