

Eggplant Mamzana

Traditional Turkish Eggplant Mamzana recipe from Edirne. Roasted eggplant mixed with vegetables and yogurt makes this flavorful appetizer perfect with grilled meats.

10 min

PREP

15 min

COOK

25 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Eggplant Mamzana

Ingredients

- 4 eggplant
- 1 tomato
- 2 green pepper
- 0.5 sprig parsley
- 2 cup strained yogurt
- 3 clove garlic
- 0.5 cup sunflower oil
- 0.5 tbsp chili flakes
- 1 pinch salt

Instructions

- 1 Roast the Eggplants**

Preheat your oven to 220°C (425°F). Pierce 4 eggplants all over with a fork and place on a baking sheet lined with foil. Roast for 45-60 minutes, turning once halfway through, until the skin is charred and the flesh feels completely soft when pressed. Let cool for 10 minutes.
- 2 Peel the cooled eggplants and discard the charred skin. Roughly chop the flesh into small bite-sized pieces, allowing some of the natural juices to remain.**
- 3 Prepare the Vegetables**

Finely dice 1 tomato into small cubes. Finely chop 2 green peppers, removing seeds and stems. Finely chop 0.5 sprig of fresh parsley.
- 4 Add the diced tomato, chopped green peppers, and chopped parsley to the eggplant. Sprinkle with 1 pinch of salt and gently mix everything together until evenly distributed.**
- 5 Make the Garlic Yogurt**

Mince 3 garlic cloves very finely or crush with the flat side of your knife. In a bowl, whisk together 2 cups yogurt and the minced garlic until smooth and well combined.
- 6 Assemble the Dish**

Pour the garlic yogurt over the eggplant mixture. Gently fold together (mixing carefully to avoid breaking up the eggplant) until everything is evenly coated with the yogurt.

7 Prepare the Chili Oil

Heat 0.5 cup olive oil in a small saucepan over low heat. Add 0.5 tablespoon chili flakes and warm for 1-2 minutes until the oil is fragrant and the chili flakes sizzle gently. Remove from heat immediately.

8 Transfer the eggplant mamzana to a serving platter. Drizzle the warm chili oil over the top and serve immediately at room temperature or chilled.

Tips

Pierce eggplants with a fork before roasting to prevent bursting and ensure even cooking throughout.

Let roasted eggplants steam in their own heat by covering them immediately after roasting - this makes peeling much easier.

Drain excess water from chopped eggplant by salting lightly and letting it sit in a colander for 15 minutes before mixing.

Use room temperature yogurt to prevent the dish from becoming too cold and to allow flavors to meld better.

Heat the chili oil gently to release maximum flavor without burning the spices - pour it over the dish while still warm.

Add fresh herbs like mint or dill along with parsley for extra Mediterranean flavor complexity.

For a vegan version, substitute yogurt with tahini mixed with lemon juice and a little water for creaminess.

Prepare the vegetable mixture a few hours ahead and add yogurt just before serving for the best texture and flavor balance.