

SABICH



INGREDIENTS

- 2 large eggplants
- 1¼ cups sunflower oil
- 4 slices of white bread, toasted; or mini pita
- 1 cup tahini sauce
- 4 large eggs, hard boiled, peeled, and cut into thin slices or quartered
- Salt and freshly ground pepper
- Za'atar, to taste
- Israeli salad (see *Israeli salad recipe card*)



*Adapted from Jerusalem: A Cookbook,
by Yotam Ottolenghi and Sami Tamimi*



Serves 4

INSTRUCTIONS

Cut both eggplants widthwise into 1 inch slices.

Sprinkle them on both sides with salt, then spread them out on a baking sheet and let them stand for at least 30 minutes to remove some water. After 30 minutes, use paper towels to wipe them dry.

Heat the sunflower oil in a wide frying pan over medium heat. Carefully fry the eggplant slices in batches until nice and dark, turning once, 6–8 minutes total. Add oil if needed as you cook the batches.

When done, the eggplant pieces should be tender in the center. Remove from the pan and drain on paper towels.

Just before serving, place 1 slice of bread or pita on each plate. Spoon 1 tbsp of tahini sauce over each slice, then arrange the eggplant slices on top, overlapping.

Drizzle over some more tahini without completely covering the eggplant slices.

Season hard boiled egg slices with salt and pepper and arrange over eggplant.

Sprinkle with za'atar, add Israeli salad on top, and serve!

ABOUT סביס

SABICH

When Iraqi Jews immigrated to Israel soon after the establishment of the state, they brought a traditional recipe for a breakfast sandwich called sabich—and somehow they kept it a secret for decades. More than 50 years later, sabich burst onto the Israeli culinary scene as the hottest alternative to falafel.

It's not clear where the name comes from. Writing in Tablet Magazine, Adeena Sussman explains that it's related to the Arabic word for "morning," which makes sense when you realize that Iraqi Jews traditionally enjoy sabich on Shabbat morning. She adds that others insist it's a purely Israeli name coming from the Hebrew *salat*, *beitza*, *hatzilim*—salad, egg, eggplant. Wherever the name came from, sabich is delicious, and you've got to try it!

NOTES

