

Avocado, Red Cap rolled in Eggplant (dress in roasted desiccated coconut vinaigrette)

Prep time: 40 mins

Cooking time: 10 mins

Serving: 2 people

Serving suggestion: as an entree.

Vinaigrette:

Vinegar 200g

Brown sugar 80g

Maltose 80g

Kaffir lime leaves 3 leaves

Salt A pinch

Method:

- bring all of the above in a pot to boiling, then lower heat to LOW to simmer until the texture of the vinaigrette becoming caramelised, remove from stove, put aside for later use.

Batter for deep fry:

Plain flour 100g

Rice flour 225g

Baking powder 15g

Salt Pinch

Sesame seed 10g

Cracked pepper Pinch

Water 250g

Garnish:

Fresh mint leaves 5 g (julienne)

Avocado roll:

Avocado Halved (remove the stone and then length wise, cut into 4 portion),

Red capsicum 50g (length wise cut red cap into finger size)

Eggplant slice 100g

Method:

- place cut red cap and avocado on the edge of sliced eggplant,
- roll eggplant to the other end, secure with a toothpick,
- heat oil to deep fry in medium heat,
- dip rolled eggplant into ready made batter,
- gently place rolled eggplant into hot oil,
- deep fry until golden then remove from oil on to a piece of paper towel to drain off excess oil,
- cut rolled into half, place on a plate or bowl,
- drizzle with vinaigrette, sprinkle garnish on top and is ready to serve.