

Persian Eggplant Omelet
Kookoo Budemjune

If you are an eggplant fan, this dish will be absolutely delicious! A ***kookoo*** is nothing more than a Persian ***latke***. This recipe makes 5-inch ***kookoos*** (imagine a ***latke*** on steroids) or you can also make the usual 2-inch bite-size portions. These are great stuffed into a pita with chummus and vegetables.

Tricks of the trade

If you do not have a spatula large enough to flip this ***kookoo***, do not panic. Simply use a dinner plate instead of a spatula. Position the plate upside-down firmly on top of the skillet, just like a lid. Hold the skillet handle with your left hand and place your right hand firmly flat on the plate. Rapidly flip the skillet over, supporting the plate with your right hand, and lift the skillet off the plate. The ***kookoo*** will be sitting on the plate, ready to be slipped back into the skillet to brown on the other side!

1 large eggplant
½ onion, finely diced
½ teaspoon salt
¼ teaspoon pepper
1 egg
½ cup flour
dash turmeric
1 tablespoon canola oil, for frying

1. Roast the eggplant on a grill ***or*** directly over medium heat on your stovetop ***or*** broil in the oven on high in a 9"x13" aluminum pan until the skin is blistered and black on all sides. Make sure to turn the eggplant so all the sides of become blistered. Set aside for 10 minutes or until it looks heavy and sinks in.
2. In the meantime, combine remaining ingredients (except oil) in a medium bowl.
3. Peel the eggplants, mash with a fork, and add the pulp to the bowl. Keep mixing until it looks like a creamy batter.
4. Heat oil in a small skillet (5-inch diameter) over medium/high heat. Use a ladle to pour one-fifth of the batter into the skillet (it should be about 2 inches thick) and cook, covered, over medium heat until the edges brown. With the help of a large spatula or a small plate (see above), turn the ***kookoo*** over and cook the other side until it is brown.
5. Repeat with remaining batter.
6. Serve with pita bread, tomatoes, and onions.

Yield: 5 ***kookoos***

Recipe from ["Persian Food from the Non-persian Bride: And Other Sephardic Kosher Recipes You Will Love"](#) by Reyna Simnagar, published by Philipp Feldheim (March 1, 2011).