



Aubergines

A member of the nightshade plant family, like tomatoes, aubergines come in all shapes, colours and sizes. This means that they are technically a fruit, although used as a vegetable in meals.

They contain antioxidants, dietary fibre and are low in sugar and fat. Their peak season is between late May and mid-October

Store:

- 8-12°C is the ideal temperature for storage
- It prefers humidity with low sunlight, meaning that a dark cupboard could be best
- In the fridge, it should not go below 8 °C as the cold can cause soft spots to form
- Wrapped in cling film in the fridge, the shelf-life can slow spoiling
- Best to keep away from apples and tomatoes
- If already cut, you can drizzle lemon juice to prevent browning,

Freeze:

- It is best to freeze them when they are already cooked, as to avoid them going mushy when defrosted
- After slicing and cooking the aubergine, let them cool to room temperature
- Then, lay them out in the freezer on a baking tray until solid
- Lastly, decant into a freezer bag or container, lasting about 8 to 12 months
- To defrost, let them thaw overnight and remove any moisture when ready

When it's still safe and delicious to eat

Two of the key signs to look out for is if it has a shiny, smooth and firm skin and that its interior is white and not slimy. If the stalk is not green and vibrant, this is normally a sign that it wasn't harvested as recently as others, but it can still be safe to eat providing that you focus on the signs mentioned earlier.

Video Links