

Zacusca

Relish or Spread

A Romanian Specialty
made with grilled, simmered vegetables.

Ingredients

3 kg egg plant
2 kg peppers
4 onions
3 carrots
4 cloves garlic
1 peperoni pepper
½ liter sunflower oil
½ liter tomato juice
1 tbsp. sugar
1 tbsp. salt
1 tsp. pepper



Preparation



Grill the egg plant and peppers until they are soft. Peel off the skin. Finely chop the flesh and put into a bowl. Chop the peeled onions and carrots. Put all the vegetables through a meat grinder separately and set aside. Heat a bit of oil in a large pan. Sauté the onions, then gradually add the carrots and peppers. Add more oil if necessary. Simmer 1 hour. Add egg plant, tomatoes and tomato juice with the spices and simmer another hour. As the liquid reduces, add more oil (up to 250 ml) to prevent the zacusca from burning. Stir from time to time. Let cool. Zacusca keeps for a long time as long as it is kept cold.



The reduction of liquid and concentration of flavours by grilling and slow cooking lend a distinct taste to this relish/spread. The extracted vegetable oils combined with the sunflower oil are a rich source of vitamins for the winter months.



Zacusca tastes best when served cold as a relish with grilled meat or as a spread on bread or crackers.



Translated by Rose Vetter