**Method**

For the eggplants
- Pierce the eggplants all over with a fork.
- Place them directly over the flame on a gas stove, using high heat.
- Cook for 20-25 minutes, turning them until they are charred on all sides evenly.
- If you don’t have a gas stove, simply place them on the oven rack and cook for about 40 minutes in an 180°C preheated oven.
- When ready, pierce again with a fork. If they have softened, they are ready. Set them aside for 10 minutes to cool.
- Use a spoon to scoop out the flesh and transfer to a thin kitchen towel. Wrap it in the towel and squeeze to remove as much liquid from the eggplant flesh as possible. This liquid is very bitter and should be removed.
- Roughly chop the eggplant and set aside in a bowl.

For the red pepper
- Prepare the pepper in the same way as the eggplants. Cook directly over the flame for 10-15 minutes.
- Gently press on them to make sure it has softened.
- When ready, transfer to a bowl. Cover with plastic wrap and set aside for 15-20 minutes. The moisture created will help loosen the skin making it easier to remove.
- Use a knife to remove the skin from the red pepper.
- Cut in half, remove the seeds and dice in to 1 cm cubes.
- Add to the eggplants and set aside until needed.

To prepare the eggplant dip
- In a food processor, add the garlic, apple cider vinegar or white wine vinegar and the olive oil.
- Beat until the garlic has completely broken down.
- Add it to the bowl with eggplant and pepper.
- Season with salt and pepper.
- Thinly slice the green part of the spring onions and the parsley (only the leaves). Reserve some for serving and add to the bowl.
- Stir until all of the ingredients are completely combined and season to taste.
- To serve, garnish with spring onion, parsley and drizzle with some Greek extra virgin olive oil.

**Tip**

The longer you allow the eggplant dip to sit, the more the ingredients will blend and the tastier it will be! Cooking the eggplants on a gas stove give them a nice, smoky flavor!