

6 Parmigiana 2



Shopping List

- 6 eggplants
- 21 oz tomato puree
- 1 chopped garlic clove
- 2 chopped onions
- 3 oz parmesan
- 14 oz mozzarella
- 4 pinch of oregano
- Basil
- Olive oil
- Coarse salt
- Fine salt and pepper

1.5 - 2 hours | 6 servings

Les Jamelles
Mourvèdre

Preparation

Cut the eggplants into round slices about 5 mm thick. Sprinkle the eggplant slices with coarse salt and place them in a colander for 1 hour to remove moisture. Next, rinse the eggplants and pat them dry with a cloth. Turn on the oven at 220°C / 425 °F (revolving heat). Brush the eggplant slices with olive oil, place them on a baking sheet lined with baking paper and bake for 20 minutes. Chop the onion and crush the garlic, and sauté it in a saucepan with 2 Tbsp. olive oil. Add the tomato

purée followed by some salt and cook for 20 minutes to obtain a thick sauce. Oil an oven dish. Begin by spreading a little tomato sauce on the bottom of the pan, then cover with a layer of eggplant, more sauce, the diced mozzarella, grated Parmigiano, and basil. Do two more layers, and use up all the ingredients. Finish by coating with plenty of grated Parmigiano and mozzarella on top. Place in the oven and bake for 35-40 minutes at 180°C / 350 °F. Remove from the oven and serve the parmigiana hot or warm.

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A recipe for you and one to share!

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