



food scene

EGGPLANT PARMIGIANA



RONALD WILSON & KEVIN LONIE, CAFÉ BOUZY

An Italian favourite that's also perfect as a gluten-free meal, provided no added ingredients contain any wheat products. Salting the eggplant helps remove any bitter taste. Any kind of salt will do that job, as it is washed off.

This versatile dish can be prepared in advance, stores well for a few days, and can be reheated or frozen. Goes well with Okahu Estate Rosé.

METHOD

EGGPLANT

Top and tail the eggplants and slice them into 1cm slices. Place in a colander and copiously salt the sliced eggplants. Leave to stand for about 30 minutes, then wash off the salt and pat dry.

Lightly oil a baking dish/tray with oil and also coat the eggplants with oil. Bake in the oven for about 10 minutes until tender and you can put a tester through them. Put them aside to cool.

SAUCE

Place some oil in a saucepan and into it place the onions and garlic. Lightly sauté. When the onions are transparent add the cans of tomato, chilli sauce, wine, paste, sugar, salt, black pepper to taste, and when the sauce thickens a little – after about 10 minutes – add the basil. Set this sauce aside.

INGREDIENTS

- 2 large eggplants
- plenty of salt
- ½ cup olive oil or other good cooking oil
- 2 Tbsp oil extra
- 1 medium onion, peeled and chopped
- 4 gloves garlic, peeled and crushed
- 2 x 425gm cans of chopped tomatoes
- 2 Tbsp tomato paste
- ½ cup wine
- 1 tsp sugar
- ¼ cup chopped basil or 1 Tbsp dried basil
- 1 Tbsp sweet chilli sauce
- 1 tsp sugar white
- 1 tsp salt
- 400 gms mozzarella cheese, grated or sliced thinly, plus ½ cup grated parmesan cheese
- ground black pepper to taste

COOKING

Preheat your oven to 180°-200°C. Grease an ovenproof baking dish and spoon a quantity of the tomato basil sauce over the bottom.

Layer the sliced and precooked eggplants over the mixture, in a similar fashion as you would a gratin potato dish.

Then cover the eggplants with more of the tomato mixture, then cover that with the cheese. Finally, give a good sprinkling of parmesan. Repeat this up another layer and finish with a slightly heavier coating of the cheese and parmesan.

Place in your oven and cook for 35-40 minutes or until the top looks a lovely golden brown. Serve with a lovely fresh salad and vinaigrette. ■

SERVES 6

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