

Eggplant Parmigiana



Method

1. Pre-heat oven to 200 degrees Celsius.
2. Brush both sides of the eggplant with oil and place on a baking tray. Bake until undersides are golden brown (10 -15 minutes), then turn and bake until other side is lightly browned. Set aside.
3. In a large saucepan over medium heat, heat 1 tablespoon of olive oil and add onion. Sauté until the onion is soft. Add garlic, dried oregano and sauté for another minute.
4. Add crushed tomatoes, reduce the heat to a simmer and cook for 15 – 20 minutes.
5. Add salt and pepper to the tomato mix to taste.
6. Spoon a small amount of tomato sauce, a scattering of cheese and a single layer of eggplant in the baking dish. Repeat the layering until all of the ingredients are used ending with a little sauce and sprinkling of cheese.
7. In a small bowl, combine bread crumbs and oregano and 1 teaspoon of olive oil. Sprinkle on top.
8. Bake in 180 degrees Celsius oven until eggplant mixture is bubbly and centre is hot (30-40 minutes) depending on the size of the pan and thickness of layers.

A SUMMER FAVOURITE. WHEN EGGPLANT AND TOMATO ARE ABUNDANT THIS RECIPE IS A MUST.

PREP. TIME 30 mins

COOKING TIME 30-40 mins

SERVES 4

INGREDIENTS

3 medium to large eggplants, cut into 1 cm slices
1 large onion, finely chopped
2 garlic cloves, thinly sliced
1 ½ teaspoons of dried oregano
Olive oil for brushing eggplant
1 x 440 gram can of crushed tomato
½ cup of basil leaves
½ cup dry bread crumbs
½ cup of freshly grated parmigiana cheese or any cheese that you have
1 tablespoon of chopped fresh oregano leaves

EQUIPMENT

Cooking brush
Baking tray
Saucepan or solid bottomed pot with lid
Small baking dish with high sides





Tips

This dish freezes well. It can easily be cut into portions and frozen for later meals.

Using a brush to put the oil on the eggplant before baking is preferable to drizzling the oil. Eggplant soaks up moisture so this prevents you from having a dish that is soaked in oil.

Fun Facts

The word parmigiana simply means a dish cooked with parmigiana cheese.

Eggplant parmigiana is the original Italian recipe. It came from the South of Italy where eggplant is widely grown. The chicken parmigiana was a version of this created in the United states.

