

## Eggplant Parmigiana

Source <https://www.recipetineats.com/eggplant-parmigiana>

*From the garden* Eggplant (baked, frozen last term), herbs, spring onions, tomato sauce, Tomato Passata (made from tomatoes and basil)

<p><u>Equipment</u></p> <p>2 large bowls          2 small bowls          2 large plates          3 Trays lined with baking paper          frying pan x 2</p> <p>chopping boards          knives – 1 small, 2 large and scissors          tablespoon, teaspoons and measuring cups          tongs, slotted lifter          2 oven proof dishes</p>	<p><u>Ingredients</u></p> <p>BAKED EGGPLANT SLICES:</p> <ul style="list-style-type: none"> <li>• 1.8kg large eggplants (aubergines) – about 5, sliced lengthways 8mm thick (skin on)</li> <li>• 1/4 cup olive oil (for brushing)</li> </ul> <p>LAYERS:</p> <ul style="list-style-type: none"> <li>• 1 2/3 cups (160g) parmesan, finely grated</li> <li>• 2 cups herbs (loosely packed)</li> <li>• 1 1/2 cups (150g) mozzarella, grated or shredded (for topping)</li> </ul> <p>SUGO (TOMATO SAUCE):</p> <ul style="list-style-type: none"> <li>• 2 tbsp extra virgin olive oil</li> <li>• 1 onion, finely diced</li> <li>• 5 garlic cloves, finely minced</li> <li>• 600ml Tomato Passata (made by Group 1)</li> <li>• 400g Tomato sauce (made in previous class and frozen) or canned tomatoes</li> <li>• 1 1/2 tsp white sugar</li> <li>• 1 1/2 tbsp fresh oregano, finely chopped</li> <li>• 1 cup water</li> <li>• 3/4 tsp salt</li> <li>• 1/4 tsp black pepper</li> </ul>
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### What to do

#### Prepare Eggplant

- Preheat oven to 220°C / (200°C fan).
- Line three large trays with baking / parchment paper.
- Brush eggplant slices on each side with oil.
- Arrange eggplant in a single layer on the trays and bake for about 35 mins or until browned and tender, turning the eggplant halfway.
- Remove from oven, leave on trays to cool.

### **Make Tomato Sauce (Sugo)**

- Chop oregano and remove herb leaves from stems. Chop oregano. Keep herb leaves for later.
- Finely dice onion.
- Finely chop or mince garlic.
- Heat 2 tblsp olive oil in a large pan over medium-high heat.
- Sauté onions and garlic for 3 minutes until softened and just about to colour on the edges.
- Pour in the Tomato Passata , tomato sauce (canned tomatoes if using), water, oregano and sugar. Stir and bring to a simmer.
- Simmer uncovered for about 30 – 40 minutes, stirring occasionally, until thickened. The final consistency should be slightly thicker than a pasta sauce so it's spreadable. Add extra water a little at a time if required during cooking if it gets too thick.
- Stir in salt and pepper.

### **Assemble and bake:**

- Reduce oven to 180°C / 350°F (160°C fan).
- Grate Parmesan cheese
- Grate or slice Mozzarella cheese
- Smear a little tomato sauce in the bottom of baking dish.
- Layer 1: Lay one third of the eggplant so it covers the base (some overlap is OK when layering eggplant). Spread 1/3 of the remaining sugo over eggplant. Drizzle with a little olive oil. Sprinkle with 1/3 of the parmesan, and 1/3 of herbs.
- Layer 2: Repeat another 1/3 each of eggplant, tomato sauce, olive oil, herbs and parmesan.
- Layer 3 (top layer): Repeat again with remaining eggplant, tomato sauce and some olive oil. Do not put herbs on top layer (we will garnish after baking).
- Scatter with remaining parmesan, then all the mozzarella.
- Bake for 25 mins until bubbling and golden.
- Let it rest for 5 to 10 minutes (easier to slice neatly). Scatter over remaining fresh herbs. Cut like lasagna. Serve and ENJOY!