

## Eggplant Parmigiana

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

*From the garden* Eggplant, basil, spring onions, tomato sauce, Tomato Passata (made from tomatoes and basil)

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| <p><u>Equipment</u></p> <p>2 large bowls<br/>2 small bowls<br/>2 large plates<br/>3 Trays lined with baking paper<br/>frying pan x 2</p> <p>chopping boards<br/>knives – 1 small, 2 large and scissors<br/>tablespoon, teaspoons and measuring cups<br/>tongs, slotted lifter<br/>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 basil leaves (loosely packed), stalks reserved</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 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 basil leaves from stems. Chop basil stalks. Keep basil leaves for later.

- Finely dice onion.
- Finely chop or mince garlic.
- Heat 2 tbslp 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, adding the basil stalks halfway through cooking. 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.
- Remove the basil stalks and discard.
- Stir in salt and pepper.

**Assemble and bake:**

- Reduce oven to 180°C / 350°F (160°C fan).
- Grate Parmesan cheese
- Grate or slices 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 basil leaves.
- Layer 2: Repeat another 1/3 each of eggplant, tomato sauce, olive oil, basil and parmesan.
- Layer 3 (top layer): Repeat again with remaining eggplant, tomato sauce and some olive oil. Do not put basil 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 basil leaves. Cut like lasagna.
- Serve and ENJOY!