

Steph's Eggplant Parmigiana

Category: Italian

Servings: 4

Rating: 10

Source: Steph Smith

Description:

In this dish, the eggplant has a wonderful, almost caramelized flavour. I use allspice berries and crush them just before using so they're fresh tasting.

Ingredients:

eggplant	2 Italian style, about 1 lb each
salt	for sprinkling on eggplant
olive oil	about 1/4 cup
onion	1 medium, chopped
garlic	2 medium cloves, chopped
carrot	about 1/4 cup, grated
allspice, ground	about 5 crushed berries (1/4 teaspoon)
white wine	1/4 cup
tomatoes	28 oz., drained and crushed (Utopia Organic)
tomato sauce	1 to 1 1/2 cups
parsley	1 sprig, preferably Italian with stem
basil	1 sprig with stem
black pepper	to taste
mozzarella cheese	cut about 1/8" thick
parmesan cheese	freshly grated, lots
fettuccine	enough for 4 people

Instructions:

Slice the eggplant lengthwise in 3/8" slices, lightly salt them on both sides to pull out any bitter juices, and let drain for 30 minutes. Pat dry and paint both sides lightly with olive oil. Bake in a 375° oven (or 350° convection) on two baking sheets lined with parchment paper until browned on one side, turn, and brown on the other, approximately 20 minutes. NB: the eggplant may not always brown really well so just turn it a couple of times during baking so it gives up a lot of its moisture and gets cooked through.

The Sauce: Sauté onion in about 3 tablespoons of olive oil stirring often until transparent. (I then drain off some of the oil and used it to brush the eggplant). Add garlic, grated carrot, and allspice and sauté a couple of minutes. Add white wine and let it cook down. Add canned tomatoes, tomato sauce, a sprig each of fresh basil and fresh parsley (no need to chop them), and a grating of pepper. Let simmer about 1/2 an hour adding a little juice from the canned tomatoes if it gets too

thick.

Top eggplant slices with Mozzarella and a small amount of the sauce and bake at 350° until the cheese melts.

This can be made a couple of hours ahead to this point.

Remove parchment paper from under the eggplant and finish the dish under the broiler until it is bubbly. Grate some Parmesan over the top and put under broiler for a few seconds more.

Serve with noodles topped with sauce. Pass a bowl of fresh-grated Parmesan at the table.