
RECIPE OF THE WEEK

Sara's Aubergine Parmigiana

Speaking as a butcher, I tend to think that no meal is complete without a bit of meat but this Southern Italian recipe cooked the other night disabused me of my carnivorous prejudices - it's absolutely delicious!



The essence of 'melanzane alla parmigiana' is baked, sometimes fried, aubergine baked in tomato sauce. It's unapologetically Napolitan, rich and open to customisation with the addition of chicken or hake. And it's good next day since you'll probably hanker after seconds.

*4 or 5 large aubergines
extra virgin olive oil
Alex's Erbe Piccante - or a pinch each of
rosemary, oregano, basil, thyme, savory,*

*sage, marjoram & smoked chilli
2 balls of cow's milk mozzarella, torn
1 onion, finely chopped
2 cloves garlic, crushed
800g chopped tomatoes
a good pinch of Alex's Erbe Piccante
a glass of red wine
a pinch of cinnamon
a pinch of sugar
Trapani sea salt & freshly ground pepper*

Preheat your oven to 200°C/Gas Mark 6 or 180°C in a fan oven then line a couple of baking trays with a bit of baking parchment. Slice the aubergines into little finger thickness slices then rub your hands with olive oil then rub the aubergines gently to lightly coat. Don't

bother with salting the aubergines since modern varieties are not bitter. Pop the aubergines in the oven for 30-40 mins or until they are golden brown then set aside. Browning or frying the aubergines first makes them rather dry.

Whilst the aubergines are in the oven heat a splash of olive oil in a pan and sauté the finely chopped onion then add the garlic and erbe piccante as it begins to colour. Add a pinch of cinnamon and sugar to caremelise then add the wine and simmer until reduced by half. Pour in the tomatoes, season, then simmer for 20 mins or so until the sauce has thickened a bit. Add a

spoon of tomato purée as necessary. Prepare a large baking dish and spoon in a base of the tomato sauce followed by a layer of aubergines and repeat a couple of times and dot with the torn or thinly sliced mozzarella then bake for 30 minutes or until the mozzarella is browned. Serve with green salad.

To download this recipe go to www.squisito-deli.co.uk
