

AUBERGINE PARMIGIANA

INGREDIENTS

- 1.5 kg black oval aubergines
- 1.4 l tomato puree
- 500 g mozzarella fiordilatte
- 150 g Parmigiano Reggiano cheese
- ½ golden onion
- Extra virgin olive oil, as needed
- Black pepper, to taste
- Basil, as needed
- Salt, to taste
- Extra virgin olive oil for frying, as needed
- 35 g coarse salt

PREPARATION

Wash and dry the aubergines, remove the stems and cut lengthwise into 3-4 mm thick slices. Arrange the slices in a colander and sprinkle with coarse salt. Cover with a weight to drain the water from the plant and leave to stand for one hour. Cut the mozzarella cheese into small cubes and drain them.

Meanwhile take care of the sauce: pour a little olive oil in a saucepan and sauté the chopped onion for a couple of minutes. Add the tomato puree, season with salt and cook on low heat for 45 minutes. When cooked add the hand-torn basil leaves.

Heat plenty of oil and rinse the aubergine slices. Fry a few slices at a time and be careful not to burn them. Once ready, dry on absorbent paper.

Compose the Parmigiana: place a little sauce on the bottom of a pan and cover with a first layer of aubergines. Season with pepper and sprinkle with Parmesan cheese, distribute the cubes of mozzarella evenly, then pour in some sauce.

Continue in this order until you run out of ingredients. Pour the remaining tomato sauce on top of the last layer.

Cook the Parmigiana in a hot oven at 200°C for 40 minutes, then leave to stand for a few minutes before serving.