



RECIPE FOR

PARMIGIANA



PREPARATION

- Cut the eggplants into round slices about 5 mm thick. Sprinkle the eggplant slices with coarse salt and place them in a colander for 1 hour to remove moisture.
- Next,rinsetheeggplants and pat them dry with a cloth. Turn on the oven at 220°C / 425 °F (revolving heat).
- Brush the eggplant slices with olive oil, place them on a baking sheet lined with baking paper and bake for 20 minutes.
- Chop the onion and crush the garlic, and sauté it in a saucepan with 2 Tbsp. olive oil. Add the tomato purée followed by some salt and cook for 20 minutes to obtain a thick sauce.
- Oil an oven dish. Begin by spreading a little tomato sauce on the bottom of the pan, then cover with a layer of eggplant, more sauce, the diced mozzarella, grated Parmigiano, and basil. Do two more layers, and use up all the ingredients. Finish by coating with plenty of grated Parmigiano and mozzarella on top.
- Place in the oven and bake for 35-40 minutes at 180°C/350 °F.
- Remove from the oven and serve the parmigiana hot or warm.



2H | LEVEL



Shopping List

INGREDIENTS

.....
 6 eggplants
 800g tomato puree
 1 chopped garlic glove
 2 chopped onions
 80g parmesan
 400 g mozzarella
 4 pinch of oregano
 Basil
 Olive oil
 Coarse salt
 Fine salt and pepper