

# Aubergines Parmigiana

This is one of Claudia Roden's recipes.

She says:

"In this famous Italian dish, aubergine slices are baked with tomatoes and cheese. Grilling the aubergines instead of frying them—which makes them soak up too much oil—results in a lighter version, which I prefer."

## Ingredients

3 medium	aubergines, <i>cut crossways into slices about 1 cm thick</i>
	extra virgin olive oil <sup>1</sup> ( <i>for brushing</i> )
1–2 balls	mozzarella, <i>diced</i>
4 tbsp	freshly grated parmesan
	salt

### For the Tomato sauce

1 clove	garlic, <i>crushed or finely chopped</i>
2 tbsp	olive oil
550 g	ripe plum tomatoes, <i>skinned and finely chopped</i> <sup>2</sup>
1 tsp	sugar
few sprigs	basil or mint, <i>coarsely chopped</i>
	salt and pepper

## Method

Pre-heat your oven to 180°C/350°F/gas mark 4.

Make the sauce: fry the garlic in the oil for a few seconds only, until the aroma rises. Add the tomatoes, sugar and a little salt and pepper, and cook uncovered for 15–20 minutes, until the sauce has reduced and thickened, then stir in the herbs.

Arrange the aubergine slices on a foil covered baking sheet. Brush them with oil and sprinkle lightly with salt. Cook the aubergines under a hot grill, turning once, until lightly browned—they can be left a little underdone and their skin tough, as they will cook further and become soft in the oven.

Arrange the aubergine slices in a 25 cm ovenproof dish, cover with the tomato sauce and sprinkle the mozzarella and parmesan on top. Bake for about 40 minutes until lightly browned.

Serve hot.

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1. She recommends a "bland" olive oil or alternatively sunflower oil.

2. Although she doesn't mention this, you could substitute a tin of chopped tomatoes.