



Eggplant Parma

Recipe by Conor Curran from “Eat More Greek”



Serves 4



55 minutes

INGREDIENTS

EGGPLANT

- 2 large eggplants (aubergines)
- Olive oil
- 75 g (2½ oz) mozzarella cheese
- 75 g (2½ oz) kefalograviera cheese. (Use Parmesan if you can't find this.)
- 150 g (5½ oz) shaved ham
- Salt, to taste
- 2 fresh basil sprigs

QUICK BASIL RED SAUCE

- 1 brown onion
- 4 garlic cloves
- 3 fresh basil sprigs
- 400 g (14 oz) tin diced tomatoes
- 3 fresh bay leaves

DIRECTIONS

1. Preheat oven to 180°C (350°F) fan forced. Line a baking tray with baking paper.
2. Cut the eggplants in half lengthways, use a knife to score a crosshatch pattern into the flesh, cutting close to the skin but not going through. Drizzle with oil, season with salt, place the cut side down on the tray. Roast for 30–35 minutes, or until the eggplant flesh is soft enough to press into.
3. While the eggplant roasts, make the quick basil red sauce. Heat a saucepan over medium heat, add 1 tablespoon oil, diced onion and a big pinch of salt. Sauté for 5 minutes to soften, add finely chopped garlic and cook for 1 minute. Break the basil sprigs in half and add to the pan, along with the tomatoes, bay leaves and 1 cup (250 ml) water. Mix through, then simmer gently for 25 minutes. Season to taste, then remove the bay leaves.
4. Grate the cheeses and mix together in a bowl.
5. Once the eggplant is cooked, take out of the oven. Flip the eggplant over so it's cut side up. Using a fork, push down on the flesh so it's all mashed. Pour the red sauce evenly over each eggplant half. Top with the ham, then the cheese mixture. Grill for 3–7 minutes, or until melted and charred. Take out of the oven.
6. Scatter basil leaves over the parmas to serve.



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