

Grilled Eggplant and Mozzarella
CDKitchen <http://www.cditchen.com>

Category: Eggplant

Serves/Makes: 6 | **Difficulty Level:** 3 | **Ready In:** 1-2 hrs

Ingredients:

1 large eggplant, cut into 1/2 inch slices
1/2 cup olive oil
3 tablespoons balsamic or red wine vinegar
2 cloves garlic, finely chopped
1 teaspoon dried oregano
1 teaspoon basil
salt and freshly ground pepper to taste
6 ounces mozzarella cheese, thinly sliced

Directions:

Sprinkle both sides of eggplant slices lightly with salt and place between layers of paper towels. Let stand for 1 to 2 hours, rinse and pat dry.

Combine the olive oil, vinegar, garlic oregano, basil, salt and pepper. Place the eggplant slices on a grill over moderate heat and baste with oil mixture.

Turn and baste frequently until lightly browned, about 8 minutes. Top each slice with a slice of cheese and grill an additional 2 minutes, until the cheese begins to melt.

Eggplant Parmesan Recipe

INGREDIENTS

2 lbs (about 2 large) eggplants
Kosher salt
1 28-oz can whole peeled tomatoes
1 clove garlic, peeled and minced
Olive oil
Freshly ground black pepper
1/2 cup all-purpose flour
1/2 cup fine dry breadcrumbs
4 large eggs, beaten
1 1/2 lbs of fresh mozzarella cheese, sliced into 1/4 inch rounds
1 cup grated high quality Parmesan cheese
1 packed cup fresh basil leaves

METHOD

1 Cut eggplants lengthwise into 1/4 inch slices. Arrange one layer in the bottom of a large colander and sprinkle evenly and generously with salt. Repeat with remaining eggplant, salting, until all

eggplant is in the colander. Weigh down the slices with a couple of plates and let drain for 2 hours. The purpose of this step is to have the eggplant release some of its moisture before cooking.

2 While the eggplant is draining, prepare tomato sauce. Combine tomatoes, garlic and 1/3 cup olive oil in a food processor. Season with salt and pepper to taste and set aside.

3 When eggplant has drained, press down on it to remove excess water, and lay the slices out on paper towels to remove all the moisture. In a wide, shallow bowl, combine flour and breadcrumbs. Mix well. Pour beaten eggs into another wide shallow bowl. Place a large, deep skillet over medium heat, and pour in a half inch of olive oil. When oil is shimmering, dredge the eggplant slices first in the flour mixture, then in the beaten egg. Working in batches, slide coated eggplant into hot oil and fry until golden brown on both sides, turning once. Drain on paper towels.

4 Preheat the oven to 350°F. In the bottom of a 10x15 inch glass baking dish, spread 1 cup of tomato sauce. Top with one third of the eggplant slices. Top eggplant with half of the mozzarella slices. Sprinkle with one third of the Parmesan and half of the basil leaves.

5 Make a second layer of eggplant slices, topped by 1 cup of sauce, remaining mozzarella, half the remaining Parmesan, and all of the remaining basil. Add remaining eggplant, and top with the remaining tomato sauce and Parmesan.

6 Bake until cheese has melted and the top is slightly brown, about 30 minutes. Allow to rest at room temperature for about 10 minutes before serving.

Serves 8.

Baba Ghanoush - the Best in the World!

Ingredients

- 1 large eggplant
- 1/4 cup tahini, plus more as needed
- 3 garlic cloves, minced
- 1/4 cup fresh lemon juice, plus more as needed
- 1 pinch ground cumin
- salt, to taste
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh flat-leaf parsley
- 1/4 cup brine-cured black olives, such as kalamata

Directions

Prepare a medium-hot fire in a charcoal grill.

Preheat an oven to 375°F.

Prick the eggplant with a fork in several places and place on the grill rack 4 to 5 inches from the fire.

Grill, turning frequently, until the skin blackens and blisters and the flesh just begins to feel soft, 10 to 15 minutes.

Transfer the eggplant to a baking sheet and bake until very soft, 15 to 20 minutes.

Remove from the oven, let cool slightly, and peel off and discard the skin.

Place the eggplant flesh in a bowl.

Using a fork, mash the eggplant to a paste.

Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well.

Season with salt, then taste and add more tahini and/or lemon juice, if needed.

Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.

Drizzle the olive oil over the top and sprinkle with the parsley.

Place the olives around the sides.

Serve at room temperature.