Braised eggplant rolls

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Easy 3 Servings 50 min.



There are many recipes in Italian cuisine that use aubergines. But this must surely be one of the most deliciou: “Melanzane al forno” in tomato sauce filled with spicy pecorino.

Ingredients

150 g pecorino

25 g parmigiano reggiano

150 ml vegetable bouillon

1 can ORO di Parma chopped tomatoes (400 g)

1 package ORO di Parma strained tomatoes (250 g)

2 tsp. ORO di Parma tomato paste, triple concentration

2 onions

1 garlic clove

2 eggplants (400 g)

2 stalks rosemary

2 tbsp. “extra vergine” olive oil

Salt and pepper from the mill

Sugar

Step 1: The preparation

Wash the rosemary and the eggplants. Remove the two ends of the eggplants, cut them in half and slice one half lengthwise into thin slices. Cut the second half into cubes. Remove the peel from the onions and the garlic clove and chop them finely.

Step 2: The tomato sauce

Slowly heat the olive oil in a pot and sweat the chopped onions and garlic in it. Stir in ORO di Parma tomato paste, 3 times concentrated, and sauté well before adding ORO di Parma chunky and strained tomatoes. Let the sauce simmer briefly and then pour in vegetable stock. Now you can season it to your liking with salt, pepper, sugar and rosemary. Then add the diced eggplant to the sauce.

Step 3: The eggplant rolls

Blanch the eggplant slices in boiling water for 2-3 minutes before rolling. Then cut the pecorino into sticks. They should be about as long as the eggplant slices are wide. They will be rolled into the slices. Preheat the oven to 200 °C convection and pour the tomato sauce into the baking dish.

Step 4: The finale

Season the blanched eggplant slices with salt and pepper and roll them around the pecorino sticks. Then you can put the rolls in the baking dish and bake them with some grated pecorino for 12 to 15 minutes. Now you can serve your spicy Melanzane al forno and enjoy it directly. Molto facile!

Used products:





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