Stuffed Eggplant – Melanzane Ripiene

Italian Recipe for Stuffed Eggplant

Easy 4 Servings 35 min.



This recipe comes from Brindisi, a port city on the Adriatic Sea in the southern Italian region of Apulia. Many Italians enjoy Melanzane Ripiene as an antipasto or a main course. Melanzane Ripiene translates to “stuffed eggplant”—and it’s served hot, warm, or cold. Different regions have different recipes, so there are other variations featuring, for example, goat cheese or salt cod, ricotta, vegetables, or potatoes. Our recipe brings the concentrated power of a wide variety of flavor nuances to your plate: tangy-salty capers, slightly bitter olives, and fruity tomato sauce meet the fiery heat of chili peppers. Try this recipe now!

Ingredients

4 large eggplants

400 g ORO di Parma chunky tomatoes

1 clove of garlic

200 g black olives

1 red chili

50 g capers

1 pinch of oregano, rubbed

50 g breadcrumbs

60 ml olive oil

Salt and freshly ground black pepper

Fresh basil for garnish

Step 1: The Preparation

Preheat the oven to 180 °C. Wash the eggplants thoroughly and cut them in half lengthwise. Scoop out the flesh with a spoon. Set the hollowed-out halves aside, cut the flesh into small pieces, and finely chop the garlic.

Step 2: The Eggplants

Sauté the finely chopped eggplant flesh and garlic in plenty of olive oil until soft. Then add chopped tomatoes, capers, oregano, and chili. Season with salt and freshly ground black pepper. Now line a baking sheet with parchment paper and place the hollowed-out eggplants on it. Fill them with the mixture and top with juicy olives. Sprinkle breadcrumbs over the top and drizzle with olive oil. Bake the eggplants at 180 °C for about 20 minutes.

Step 3: The Finale

Serve your stuffed eggplant hot, warm, or cold, as you like. Garnish the dish with fresh basil. Buon appetito! You can serve your stuffed eggplant with pasta, creamy polenta, or freshly baked ciabatta.

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