

Sunvil Supper Club

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July 2013 - Sicilian Parmigiana



Ingredients

Serves 6

- 3 large Aubergines
- 800g of Pasata
- Salt
- 150g Parmesan cheese freshly grated
- Sunflower oil
- 3 teaspoons of olive oil
- 1 Onion, peeled and finely chopped

Remove the stalks from the aubergines, peel and slice them up lengthways into 1 cm thick slices. Soak in the water with salt for 30 minutes. It will reduce the bitterness. Afterwards leave the aubergines to drain.

In the meantime prepare the sauce: put the olive oil into a large pan on a medium heat, add the onion and cook until it is soften. Then pour the passata, salt, stir and simmer slowly for 20 minutes.

Fry the aubergines using the sunflower oil. Slightly brown on both sides, remove and drain on the kitchen paper. You might need to add more oil.

Once the aubergines are fried and the passata is cooked, take a ovenproof dish (35 x 25 cm), cover the bottom with 2/3 spoons of tomato sauce, then a thin scattering of Parmesan and arrange a single layer of aubergines, placed as close together as possible. Continue with another layer of aubergine slices, arranging them in the opposite direction to the layer below, cover with tomato sauce and parmesan. Once you have positioned the last layer finishing with a little sauce and another sprinkling of Parmesan. Bake in the preheated oven (200 C/400F/Gas 6) for 25-30 minutes.

Despite the name of the Parmigiana, which means "from Parma", the dish comes from Sicily. It is typically a summer dish that can be eaten either cold or warm. The name comes from "parmicciana" which represents a type of aubergine grown in the area. Aubergines we're introduced by the Arabs and are used in many of the local specialitys, not just Parmigiana.