

Eggplant parmesan

Cuisine: Italian

Food category: Vegetables



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Program steps

Preheating: 245 °C

1	Golden touch	230 °C	100 %
2	take out the eggplants and place the GN container with the meal in	Hot air	100 %
	Termination by time	00:25 hh:mm	180 °C
	100 %	100 %	

Ingredients - number of portions - 8

Name	Value	Unit
aubergine	1.5	kg
onion	1	pcs
basil	5	pcs
parmesan cheese	150	g
extra virgin olive oil	20	ml
coarse salt	100	g
salt	1	g
caciocavallo cheese	500	g
garlic cloves, finely chopped	2	pcs
tomato puree	50	g
tomato puree	1.5	l

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	374.4 kJ
Carbohydrate	12.3 g
Fat	25.3 g
Protein	22.7 g
Water	0 g

Directions

- In a pan, soften the onion over medium heat. Add the garlic and soften for a further 30 seconds.
- Add the tomato purée, season and simmer on very low heat for 20 minutes.
- Add the basil and set aside to rest.
- Use a mandolin to cut the eggplant lengthwise into slices of about 1cm thickness.
- In a large sieve, layer the eggplant slices sprinkling coarse salt over every layer and set aside for an hour, rinse well and pat the vegetable dry.
- Set the oven on dry heat at 220°C using Golden Touch function and brown the eggplant slices on either side using your Retigo non-slip grilling tray.
- Smear the inside of a ½ GN container with evoo and layer its base with some tomato sauce.
- Layer some of the grilled eggplant slices over the sauce and cover again with more sauce, parmesan and caciocavallo slices. Repeat the process until you have finished your ingredients – ending with a layer of sauce and parmesan over the eggplant .
- Set the oven on dry heat at 180°C and bake for 25 minutes using Golden Touch function.
- Allow to rest for 10 minutes before serving.

Recommended accessories



Enameled GN container



Vision Express Grill