

Eggplant parmesan

Recipe language: **English (en)**Food category: **Vegetables**Cuisine: **Italian**Portions: **8**

Program steps

Preheating: 245 °C

- Golden touch 🕒 230 °C + 100 %
- 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 % | ❌

Ingredients

eggplant	1.5	kg
1/2 onion, chopped	1	pcs
basil leaves, chopped	5	pcs
parmigiano-reggiano	150	g
evoo	20	ml
coarse salt	100	g
salt	1	g
fresh caciocavallo cheese, sliced thinly	500	g
garlic cloves	2	pcs
concentrated tomato paste	50	g
tomato purée	1.5	l

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



Vision Express Grill



Enameled GN container