

Eggplant au Gratin

Bake time: 30-40 minutes
Bake temp: **350 F**
Yield: 2 x 9"x9" dishes
Prep time: **1.5 to 2 hours**
Ingredients: 500g mozzarella cheese, grated
2 medium to large eggplants
6 small zucchinis
6 small to medium onions
3 cups tomato sauce
olive oil



Preparation:

Slice the eggplant and zucchinis crosswise into coins. Dice the onions. Grate the cheese.

Cooking instructions

Fry the eggplant slices from one eggplant individually in olive oil until browned. Layer the eggplant slices as they are fried in the two oven-proof dishes. Once one eggplant is fried, slice half the zucchinis into coins and fry in olive oil until browned; layer in the dishes on top of the eggplant. Then dice half the onions and fry in olive oil until browned; layer in the dishes on top of the zucchini. Repeat process with second eggplant and the rest of the zucchinis and onions. Cover with tomato sauce. Cover with grated cheese.

Freeze or bake immediately.

Notes:

History/Anecdotes:

After having an exceptional eggplant parmesan at an expensive Italian restaurant, I started this recipe simply using eggplant, sauce and cheese; it eventually evolved to the above after my mom brought home "baby eggplants" one day. I was real suspicious before I started, and then while I was frying them all up (deep fried zucchini is a favourite ...) Finally I gave up on the naive "trust your mother" routine and told her that she was wrong. This didn't change the fact that eggplant and zucchini work together, or at least that we think so ...