

Oven-roasted eggplant, tomato sauce, black olives and Parmesan - Virtual Workshop

Version

Recipe for 2

Description

A simple and delicious vegetarian recipe.

Note

Cutting open to eggplant before cooking is essential for it to cook perfectly.

A tablespoon of vinegar in your pot of boiling water for your poached eggs will make the egg white coagulate better.,

Ingredients

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- 1 Unit(s) Eggplant
- 6 Sprig(s) Thyme
- 2 Leaf(ves) Bay leaf
- 4 Tbsp Grated parmesan
- 1 Can(s) Can of crushed plum tomatoes (28 oz)
- 0.50 Unit(s) Yellow oignon
- 2 Clove(s) Garlic
- 3 Tbsp Dried Oregano
- 0.25 Cup(s) Pitted black olives
- 1 Unit(s) Lemon
- 2 Unit(s) Egg

- Salt and pepper
- Olive oil

Preparation

- Preparation time **45.00 mins**

To prepare before class

Turn on your oven to 400F. Open your can of tomatoes. Prepare a pot of salted water.

You will need :

1 baking sheet, 1 cooking pot, 1 pan, 1 wooden spoon, 1 skimmer, 1 zester.

The Eggplant

Cut the eggplant in half vertically, with a pairing knife, cut some deep crossed incisions in the flesh

of the vegetable.

Put the eggplant on a baking sheet, generously drizzle some olive oil on the vegetable. In the incisions, place your thyme and bay leaves. Add some salt.

Place in the oven for at least 30 minutes, until the flesh is completely cooked. Then sprinkle your parmesan on the eggplant and put back in the oven for 4 minutes.

Tomato sauce

In a pan, cook your chiseled onion on medium-high heat in olive oil until slightly colored, add your chopped garlic and cook for 30 seconds.

Add the can of tomatoes and the dried oregano. Cover and cook for 15 minutes on low heat.

Add the black olives cut in half at the very end in the sauce.

The Poached egg

Add a tablespoon of vinegar in a cooking pot of water, bring to a boil and then reduce heat to a simmer.

Break open your egg in a small bowl and delicately drop your egg in your simmering water gently turning the water. Cook for 5 minutes et gently remove the egg with a holed spoon or a skimmer.

Finishing touches

Put your eggplant in your bowl or plate, put your tomato sauce on top, follow with your poached egg. Season all with a touch of salt, pepper, zested lemon and grated parmesan cheese.

Enjoy !

Bon appétit!