

Alice Waters' Ratatouille

food52.com

1 medium or 2 small eggplant, cut into 1/2-inch dice
4 tablespoons olive oil, divided, plus more to taste
2 medium onions, cut into 1/2-inch dice
4 to 6 garlic cloves, chopped
1/2 bunch of basil, tied in a bouquet with kitchen twine + 6 basil leaves, chopped
pinch of dried chile flakes
2 sweet peppers, cut into 1/2-inch dice
3 medium summer squash, cut into 1/2-inch dice
3 ripe medium tomatoes, cut into 1/2-inch dice
Salt to taste

Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes. Heat 2 tablespoons of olive oil in a heavy-bottomed pot. Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan. Remove the eggplant when done and set aside.

In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent. Add the garlic, basil bouquet, dried chile flakes, and a bit more salt. Cook for 2 or 3 minutes, then stir in peppers. Cook for a few more minutes, then stir in summer squash. Cook for a few more minutes, then stir in tomatoes.

Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft. Remove the bouquet of basil, pressing on it to extract all its flavors, and adjust the seasoning with salt.

Stir in the chopped basil leaves and more extra virgin olive oil, to taste. Serve warm or cold.

Baba Ghanoush

www.gourmetsleuth.com

- 2 medium eggplant
- 3 medium garlic cloves, chopped
- 1/4 cup tahini
- juice of 1 lemon
- salt to taste
- pinch cayenne pepper (optional)
- olive oil
- finely chopped parsley (optional)

Preheat oven to 425 degrees.

Score the eggplant deeply, all around, so it won't explode.

Bake in a pan or on a cookie sheet until it is so soft it almost collapses. Let cool until it is comfortable to handle; discard any juices that have collected on the pan and scoop out the pulp, discarding the skin. Puree in blender or food processor with garlic, tahini, lemon juice, salt and cayenne pepper, if desired. Before serving, drizzle the top with olive oil and sprinkle on the parsley, if desired. Serve with crudités or slices of pita bread.

Easy Eggplant (and/or Zucchini) Moussaka

Adapted from Sandra Lee |

2 medium to large eggplants or zucchini (or a combo), sliced lengthwise into 1/4-inch thick slices

Kosher salt and freshly ground black pepper

1 medium onion, chopped

1 pound lean ground beef

1 tablespoon chopped garlic

2 teaspoons Italian seasoning

1 teaspoon ground cinnamon, divided

1 (28 oz.) can crushed tomatoes

2 tablespoons unsalted butter

2 tablespoons all-purpose flour

1 1/2 cups milk, at room temperature (you can use whole or a lower fat milk)

1/4 cup grated Parmesan cheese

2 tablespoons fresh parsley, for garnish

1. Preheat the oven to 375 degrees F. Put the eggplant in a single layer onto 2 (9 by 17-inch) baking sheets. Brush both sides with 3 tablespoons canola oil and season with salt and pepper. Bake until browned and softened, 10 to 15 minutes. 2. In a large skillet over medium-high heat, add the remaining 1 tablespoon canola oil and the onions and cook until they soften, about 3 minutes. Add the beef, breaking into pieces with a wooden spoon. Add the garlic, Italian seasoning, 1/2 teaspoon cinnamon, and salt and pepper. Stir in the tomatoes and simmer until it is thick and the flavors have combined, 20 to 25 minutes. Taste and adjust the seasoning with salt and pepper, if needed. 3. In a small saucepan over medium heat, melt the butter. Whisk in the flour and cook for 2 minutes. Slowly whisk in the milk, season with salt and pepper, and the remaining 1/2 teaspoon cinnamon. Bring it to a simmer, and cook until it is thick, about the consistency of pancake batter. Put a layer of eggplant (or zucchini) slightly overlapping into a 9 by 9-inch baking dish. Spread the beef mixture evenly over the top. Put another layer of eggplant (or zucchini) on top. Pour the bechamel sauce over the top and sprinkle with the Parmesan. Bake until browned and bubbling, 25 to 30 minutes. Remove from the oven and let rest for 10 minutes. Garnish with parsley. Makes 6 servings

Eggplant Crisps with Skordalia and Oven-Dried Tomatoes

Chef John Harris | Bon Appétit | September 2003

Oven-Dried Tomatoes:

- 6 plum tomatoes, cored, halved lengthwise, seeded
- 1/4 cup extra-virgin olive oil
- 1 garlic clove, chopped
- 1 teaspoon chopped fresh thyme

Skordalia:

- 1 head of garlic
- 1 tablespoon extra-virgin olive oil
- 1 pound russet potatoes, peeled, cut into 3/4-inch cubes
- 6 tablespoons whipping cream
- 1/4 cup (1/2 stick) butter
- 1 tablespoon sour cream
- 1 cup sliced almonds, toasted, cooled, finely ground
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced

Eggplant:

- 18 1/4-inch-thick round eggplant slices
- 4 cups whole milk
- 6 large egg whites
- 2 cups dry bread crumbs

- 4 cups vegetable oil (for frying)
- 3/4 cup thinly sliced fresh basil
- 1 cup oil-cured olives

For tomatoes: Preheat oven to 300°F. Line rimmed baking sheet with parchment paper. Mix all ingredients in large bowl. Arrange tomatoes, cut side down, on prepared baking sheet; drizzle any remaining mixture from bowl over tomatoes. Bake 1 hour; turn tomatoes over and bake until slightly dried but still tender, about 1 hour longer. Peel skin off warm tomatoes. (Can be made 2 days ahead. Cool, then cover and refrigerate.)

For skordalia: Preheat oven to 350°F. Cut top 1/2 inch off garlic head, exposing cloves. Place garlic in small ovenproof dish; drizzle with 1 tablespoon oil. Cover tightly with foil and bake until cloves are soft, about 50 minutes. Cool. Squeeze garlic head from bottom to release garlic from skins. Cook potatoes in medium saucepan of simmering salted water until tender when pierced with fork, about 12 minutes; drain. Bring cream and butter to simmer in large saucepan. Remove from heat; whisk in sour cream. Add potatoes to cream mixture and mash. Mix roasted garlic, ground almonds, lemon juice, and minced fresh garlic into potatoes. Season with salt and pepper. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm before using.)

For eggplant: Soak eggplant slices in milk in large bowl 1 hour. Drain; pat dry. Sprinkle eggplant lightly with salt. Whisk egg whites in medium bowl until frothy. Dredge eggplant in egg whites, then bread crumbs, coating completely; place on baking sheet. (Can be made 2 hours ahead. Cover and refrigerate.) Heat vegetable oil in heavy large skillet over medium-high heat to 350°F. Working in batches, add eggplant slices to skillet and fry until golden, about 2 minutes per side. Using slotted spatula, transfer to paper towels to drain. Sprinkle with salt and pepper.

For serving: Place 1 tablespoon skordalia in center of each of 6 plates. Top skordalia with 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon sliced basil, 1 oven-dried tomato half, 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon basil, 1 oven-dried tomato half, and 1 more eggplant slice. Garnish with olives and serve.

Eggplant Dip

EarlyToBed | food52.com

Roasted eggplants
Roasted garlic bulb
1/4 cup toasted sesame seeds
Olive oil
Lemon juice
Salt and pepper to taste

Roast eggplant and garlic over charcoal grill or wood fire. Let cool. Toast sesame seeds until just brown. Peel eggplant and garlic and place in bowl of food processor. In practice, the garlic often isn't peelable, and just needs to be squeezed out from the bulb. Cut off one end of the bulb, and squeeze out the roasted garlic like toothpaste.

Add the rest of the ingredients to food processor bowl and process. Very approximate: 1 tablespoon each of olive oil and lemon juice per cup of eggplant. Adjust lemon juice, salt & pepper to taste.

Serve with Sangak bread if you can. Crackers, chips, toasted pita all work well too.

Eggplant Lasagne

PattiCake B | www.food.com

Note: You can replace the sauce recipe with your own sauce or canned sauce.

2 large eggplants, peeled, sliced lengthwise into 1/4 inch noodle-like strips
cooking spray (olive oil spray is best)
salt and pepper
1 1/2 lbs ground sirloin or 1 1/2 lbs turkey breast or 1 1/2 lbs Italian sausage
2 tablespoons olive oil
2 onions, chopped
3 cloves chopped garlic
1 red pepper, chopped
1 (16 ounce) package sliced mushrooms
2 tablespoons italian seasoning (or mix of oregano, basil and thyme)
1 teaspoon fennel seed (optional)
salt and pepper
1 teaspoon red pepper flakes (if you dare!) (optional)
1 (10 ounce) package frozen chopped spinach
1 cup red wine (optional)
1 (28 ounce) can tomato sauce (or large jar sugar free sauce if you can find it)
1 (15 ounce) can diced tomatoes (for less sugar, 3 chopped roma tomatoes)
2 cups low-fat ricotta cheese
2 eggs
3 green onions, chopped
3 cups shredded lowfat mozzarella cheese
1/2 cup parmesan cheese

Preheat oven to 425 degrees.

Spray cookie sheet, arrange eggplant slices and season with salt and pepper. Cook slices 5 minutes on each side. Remove from oven. Lower oven temp to 375.

Brown meat, onion and garlic in olive oil for 5 minutes. Add red pepper and mushrooms, and cook 5 minutes. Add spinach, tomatoes, spices and wine and simmer for 5-10 minutes. Blend ricotta, egg and onion mixture. Spread 1/3 of meat sauce in bottom of 9" x 13" glass pan. Layer 1/2 eggplant slices, 1/2 ricotta, 1/3 mozzarella and parmesan. Repeat. Add last layer of sauce, then mozzarella and parmesan on top.

Cover with foil and bake at 375 degrees for 1 hour. Remove foil and bake or broil another 5-10 minutes until cheese is browned. Let it rest 10 minutes before slicing, if you can wait that long!

Eggplant Marinara Flatbread

www.eipicurius.com | Bon Appétit | October 2010

4 tablespoons (about) olive oil, divided

6 1/3- to 1/2-inch-thick eggplant rounds (3 to 4 inches in diameter; from 1 large)

1 loaf ciabatta or pain rustique, cut horizontally in half, trimmed to 9-inch length

1 1/4 cups purchased fresh marinara sauce

2 ounces soft fresh goat cheese

1/3 cup chopped fresh basil plus 6 whole leaves (for garnish)

1 cup coarsely grated mozzarella cheese (about 4 ounces)

Preheat oven to 400°F. Heat 2 tablespoons oil in large skillet over medium-high heat. Sprinkle eggplant with salt and pepper. Place in skillet. Cover. Cook until tender, turning, 10 minutes. Transfer to plate.

Brush cut side of bottom half of bread with rest of oil. Cook in skillet, cut side down, until golden, 1 minute. Place bread, cut side up, on baking sheet. Spread with 3/4 cup sauce. Crumble goat cheese over; sprinkle with chopped basil. Top with eggplant. Mound mozzarella on eggplant; spoon remaining sauce over. Bake bread until topping is hot and crust is crisp, about 12 minutes. Cut into 6 pieces. Garnish with basil leaves

Eggplant Parmigiana

www.eggplantrecipes.net

2 (1 pound each) Eggplants, trimmed, peeled, and cut
into 1/4 inch-thick rounds

1/2 cup All-Purpose Flour, for dredging

2 Large Eggs, lightly beaten

1 cup Fine Dry Bread crumbs

1/2 cup Olive Oil

3 cups Tomato Basil Sauce

8 ounces sliced Mozzarella Cheese

1/4 cup grated Parmesan Cheese

Preheat oven to 375°F.

Dredge eggplant slices in flour. Dip into beaten eggs. Coat with bread crumbs. Saute eggplant in olive oil over medium heat until golden brown. Drain eggplant slices on paper towels. Season eggplant slices with salt and pepper. Arrange half the eggplant slices in bottom of greased casserole dish. Cover layer of eggplant with 1/2 the tomato basil sauce and 1/2 mozzarella and Parmesan cheese. Repeat procedure, creating a second layer. Bake uncovered 20 minutes.

Honey Glazed Roasted Vegetables

www.eggplantrecipes.net

1/4 cup Honey

1/4 cup Olive Oil

3 tablespoons Balsamic Vinegar

1 Garlic Clove, peeled and crushed

Salt, Pepper, and Dried Thyme, to taste

4-6 cups mixed halved Red Potatoes, sliced Zucchini,

thickly sliced Onions, Red Peppers, Carrots, Sweet

Potatoes, sliced Eggplant

Preheat oven to 400 F. Combine honey, olive oil, balsamic vinegar, crushed garlic, salt, pepper, and thyme in small bowl. Mix well. Arrange red potatoes, zucchini, onions, red peppers, carrots, sweet potatoes, and eggplant in roasting pan. Brush honey mixture over vegetables. Bake 30 minutes. Stir occasionally

Marinated Garden

aargersi | www.food52.com

makes approx 2 quarts or so

eggplant - sliced about 1/2 inch thick. Enough slices to cover a 12x18 cutting board twice. I have a variety of eggplants - get the ones that look prettiest

sliced tomatos - I have green zebra, heat wave, sweet tangerine and black krim - again - use what you like and what looks best

thinly sliced sweet onion

1 whole head garlic

thinly sliced chilis - I used Mucho nacho - not so hot - and cowhorn - super hot

chopped herbs - I used oregano and pine apple mint, but thyme, basil, lemon verbena, chives, marjoram would all be good

extra virgin olive oil

red wine vinegar

salt and pepper

mason jars and a grill

Heat the grill to medium high - or if you are grill challenged you can use a griddle pan. Slice the eggplants - I did it one cutting board load at a time. Sprinkle one side with salt, flip them, sprinkle the other side with salt. Flip them back and drizzle with olive oil, flip back and get the other side with olive oil. Cut the top off the garlic so you can see the tops of the cloves, drizzle with olive oil and wrap loosely in heavy foil.

Put the garlic on the top rack or on indirect heat on the grill. Or in the oven if you are grill-less. Grill the eggplants until they have good grill marks and are softened but not cooked all they way through - you want them to maintain some texture. I grilled maybe 4-5 minutes per side but it will depend on your heat. Take them in and pile them on a plate while you slice, salt, oil, and grill you second load.

After the second batch of eggplant is done the garlic will be too. Time to pack the jars. I use wide mouth mason jars but whatever works for you ... Put a layer of a couple / three eggplant in the bottom of the jar. Layer in tomato, onion, some garlic. some sliced peppers. Grind some pepper and add a pinch of chopped herbs. Drizzle in oil and vinegar - I do this simultaneously so the amounts are fairly equal. Add another layer of each, and now you want to press the veggies in - you can do this with a spoon (the ladylike/gentlemanly way) or your clean hands (the Abbie way) Layer and squish until the jar is full. I lay a big slice of eggplant on top, give it one last glug of olive oil, and screw the top on.

Put the jar in the fridge at least overnight before you head off to your picnic. I am guessing they COULD last a couple weeks in the fridge, but they won't, you will eat them way before that. Pack your basket with veggies, some good rustic bread, some slicing cheese, and something cold and pink (Tavel - yum) and off you go!

Roasted Peppers, Onion, and Eggplant

Gourmet | March 2000

3 large colored sweet peppers (bell, Italian roaster, etc)

3 small Italian eggplants (1 lb total), halved lengthwise

2 1/2 tablespoons extra-virgin olive oil

1 large sweet onion, halved through root end and cut into 1/2-inch wedges

Sea salt

Preheat oven to 400°F. Place whole peppers in one third of an oiled, large 1-inch-deep baking pan. Brush cut sides of eggplants with 1/2 tablespoon oil and arrange next to peppers in pan. Toss onion with 1 tablespoon oil and spread in remaining third of pan.

Roast vegetables, turning peppers occasionally, until skins of peppers blister on all sides, about 40 minutes. Transfer peppers to a bowl, cover, and let steam 10 minutes. Continue roasting eggplants and onion until tender and browned, 20 to 30 minutes more, and keep warm, covered.

Peel peppers and cut into 1/2-inch-thick strips, discarding stems and seeds. Season vegetables with sea salt and pepper. Serve eggplants topped with peppers and onion. Drizzle with remaining oil and season with sea salt.