



Sam Arena

EGGPLANT ROLATINI

This summer I grew eggplant for the first time in my backyard garden. I don't believe the production I got from six plants. It's early October and I'm still getting more. We have had baked eggplant, eggplant parm, fried eggplant and pickled eggplant, so I decided to try EGGPLANT ROLATINI, and it was a great success. So here is how it goes.

Ingredients

- 1 large eggplant
- 8 ounces ricotta cheese
- ½ bag of fresh spinach
- Chopped parsley
- Chopped basil
- 2 eggs
- 1 cup Italian bread crumbs
- 1 cup of vegetable oil
- 3 or 4 slices high quality mozzarella



- Peel the eggplant and slice it horizontally about ¼ inch thick.
- Beat the eggs in a shallow dish, adding salt and pepper.
- In another platter spread some bread crumbs.
- Dredge the eggplant in the egg dip, and then press the eggplant slices firmly in the bread crumbs on both sides.
- Put some oil in a sauté pan, when the oil is hot fry the eggplant until the bread crumbs are golden. No longer. When all the slices are fried, let cool.
- Chop the spinach and sauté in a little butter.
- Transfer the chopped spinach to a bowl and drain any liquid add the ricotta basil and parsley.
- Mix until the spinach and fresh herbs marry the ricotta. You should have a spreadable paste.
- Spread this lightly on 2/3 of a slice of eggplant, starting at the wide end. Roll the eggplant gently and place in a baking dish. Continue until you have rolled all your slices. (about 6 or 7 slices for one large eggplant).
- Cut your cheese slices into thirds and place the cheese across the rolled eggplant. Cover the rolls with sauce and bake at 350 degrees until the cheese is melted. Add more sauce when served if desired.
- It is important to use whole milk cheese, not skim milk cheese or cheese product.

Try this recipe. You will love it. Keep it simple

Sam