

Eggplant parmesan

Cuisine: Italian

Food category: Vegetables



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 245 °C

1	Golden touch				230 °C	100 %	
2	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 - number of portions - 8

Name	Value	Unit
aubergine	1.5	kg
onion	1	pcs
basil	5	pcs
parmesan cheese	150	g
extra virgin olive oil	20	ml
coarse salt	100	g
salt	1	g
caciocavallo cheese	500	g
cloves garlic, finely chopped	2	pcs
tomato puree	50	g
tomato puree	1.5	l

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	374.4 kJ
Carbohydrate	12.3 g
Fat	25.3 g
Protein	22.7 g
Water	0 g

Directions

1. In a pan, soften the onion over medium heat. Add the garlic and soften for a further 30 seconds.
2. Add the tomato purée, season and simmer on very low heat for 20 minutes.
3. Add the basil and set aside to rest.
4. Use a mandolin to cut the eggplant lengthwise into slices of about 1cm thickness.
5. 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.
6. 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.
7. Smear the inside of a ½ GN container with evoo and layer its base with some tomato sauce.
8. 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.
9. Set the oven on dry heat at 180°C and bake for 25 minutes using Golden Touch function.
10. Allow to rest for 10 minutes before serving.

Recommended accessories



Enameled GN container



Vision Express Grill