



## EGGPLANT PANGRATTATO

(pan-roasted eggplant with pangrattato and Aeolian tomato - caper sauce)

### Wine pairing: VQA Pinot Noir

This is a super rustic Italian dish from southern Sicily's Aeolian Islands. It is a great vegan option that is packed full of great flavour and texture. The key to this dish is the Pangrattato – affectionately referred to as “Poor man's Parmigiano”. You could also enhance this dish with the addition of fresh ricotta or Parmigiano-Reggiano for a great vegetarian option.

For this recipe, you can make the Pangrattato and Aeolian tomato sauce ahead of time to cut your total prep and cooking time.

**YIELD:** Serves 4 as an appetizer (or 6-8 as a BBQ side dish)

**PREP TIME:** 20 minutes

**COOK TIME:** 10-12 minutes

### For the eggplant and complete dish:

#### INGREDIENTS

2 medium to large	Italian eggplants (Sliced 1 cm. thick – widthwise)
A/N	Kosher salt
2 cups (250 gm.)	Pangrattato (Recipe Follows)
2 tbsp. (3.5 gm.)	Rosemary, chopped (Optional)
2 tbsp. (4 gm.)	Sage, fresh, chopped (Optional)
1.5 cups (354 ml.)	Aquafaba
1 tsp. (6 gm.)	Kosher salt
½ tsp. (1.2 gm.)	Cracked black pepper
A/N	All-purpose flour
1-2 cups (236-470 ml.)	Grapeseed or good quality neutral oil
2 cups (475 ml.)	Aeolian tomato – caper sauce (recipe Follows)
4-6	Basil buds (for garnish)

#### METHOD

##### For the eggplants:

1. Slice eggplant into 1 cm (0.4-inch) slices, you should have around 20 good slices in total. Place them in a bowl and sprinkle them with salt. allow them to sit for 30 minutes to render some of their liquid and bitterness.
2. After 30-minutes wash salt from eggplant slices and pat dry with a kitchen towel.
3. In a large bowl/plate place pangrattato breadcrumbs and fresh herbs. In a second bowl beat the aquafaba well with salt and pepper. In a third bowl, add the flour.
4. Heat oil in large skillet over high heat.





**Cont.**

5. Dip eggplant slices in the flour, then the egg, then in the pangrattato with herbs, and place in hot oil. Fry 3 to 4 minutes on each side, or until golden brown and cooked all the way through. Drain on paper towel and keep in a low warmed oven.
6. While the eggplants are frying, reheat the Aeolian Tomato sauce.
7. To plate, stack five slices of eggplant on each dish like a sandwich. Then add a generous ladle of the Aeolian sauce atop the eggplant so it flows down the sides. At this point, you may add fresh ricotta or grated pecorino if you wish.
8. Top with a fresh basil bud for garnish and serve immediately.

**For the Aeolian Tomato Sauce (this can be made ahead of time and reheated):**

**INGREDIENTS**

2 tbsp. (30 ml.)	Extra virgin olive oil (EVOO)
1 small (120 gm.)	Onions, Spanish (Vidalia), diced
3 cloves	Garlic, finely chopped
1.5 pints (425 gm.)	Cherry tomatoes, halved
1 cup + (236 ml.)	Vegetable stock
2 tbsp. (15 gm.)	Capers, rinsed well, drained
1/3 cup (50 gm.)	Green olives, pitted, halved
½ tsp. (3 gm.)	Kosher salt
TT	Cracked black pepper
1 tbsp. (3 gm.)	Oregano, fresh, chopped
2 tsp. (1 gm.)	Mint, fresh, chopped
10 leaves (5 gm.)	Basil, fresh, chiffonade

**METHOD**

1. Heat oil in a 26 cm. skillet on medium heat and when heated add in the onions and stir with a wooden spoon, cooking until just translucent. Add in the garlic and cook for an additional 3-4 minutes until garlic begins to just take on colour.
2. Add in the tomatoes and half the stock and turn heat to medium-low and cover with lid. Cook for 10 minutes, checking and stirring at the 5-minute mark.
3. After 10 minutes, add the remaining vegetable stock, capers, green olives, salt, sugar and pepper. Cover and cook on medium heat for 7-10 minutes more. Remove the lid, add in oregano, basil and mint and cook uncovered for 5 additional minutes.
4. Add all contents to a blender and puree on high for 1-minute. Transfer and cool sauce in a container until needed, will keep for 4-days.

**YIELD:** 600 ml. (2.5 cups)





**For the Pangrattato (make this ahead of time):**

**INGREDIENTS**

- |                  |  |
|------------------|--|
| 2 tbsp. (30 ml.) | Extra virgin olive oil                 |
| 300 gm.          | Focaccia sponge, cubed, crusts cut off |
| 3 cloves         | Garlic, finely diced                   |
| 2 tbsp.          | Lemon zest, grated fine                |
| 1/3 cup (33 gm.) | Pine nuts, whole                       |
| 1/4 cup          | Parsley, chopped fine, washed          |
| 3 tbsp. (45 ml.) | Extra virgin olive oil (EVOO)          |
| 2 tsp. (12 gm.)  | Kosher salt                            |

**METHOD**

1. For the pangrattato, toss the cubed focaccia with 2 tablespoons of olive oil and spread over an oven baking sheet tray lined with parchment and bake in a pre-heated oven at 350°F (175°C) for 10-15 minutes until lightly toasted.
2. Add all the other ingredients to the bread tray and bake another 10 minutes until the bread is dry and nicely toasted and the nuts, are starting to brown and become aromatic.
3. When done remove from oven and allow to cool 10-15 minutes. Then add all the contents to a food processor and pulse 6-10 times until it resembles chunky breadcrumbs. Puree finer if needed for coating as in this recipe. Remove and add back to the tray and allow to cool.
4. Keep stored in an airtight container in fridge for 10-14 days, or in the freezer.

**YIELD:** 2 cups (250 gm.)

**EQUIPMENT NEEDED**

- Baking sheet and parchment paper to salt the eggplant
- Dredging bowls x 3 for coating eggplant
- 26 cm. non-stick skillet for frying
- Roasting pan/tray and paper towels for draining the fried eggplant
- 26 cm. skillet with lid for making and reheating the sauce
- Wooden spoon for stirring
- Blender for pureeing the sauce

**ADDITIONAL NOTES & TIPS**

- This recipe was conducive for the Mediterranean type eggplant. You could use the elongated Asian variety of eggplant but the flavour and texture will not be the same.





**Cont.**

- Aquafaba is the starchy, binding liquid left over from cooking legumes that canned chickpea come in. Simply strain and reserve.
- If you are unable to find focaccia, any good quality Italian style bread will do.
- You can make the Pangrattato ahead of time and keep it frozen in a resealable plastic bag or container until needed.
- You can make the salsa Aeolian (tomato – caper sauce) ahead of time, or substitute your favorite tomato based sauce (with added capers and olives) for this one.

**SUGGESTED WINES**

Hidden Bench 2019 Estate Pinot Noir  
Flat Rock Cellars 2019 Pinot Noir  
Stanners Vineyard 2018 Pinot Noir  
16 Mile Cellar 2014 Rebel Pinot Noir Unfiltered  
Keint-he 2017 Portage Pinot Noir  
Adamo 2016 Parke Pinot Noir

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