



today's main ingredient

A  LOCAL FOOD PODCAST



Eggplant, Zucchini and Tomato Gratin

INGREDIENTS – serves 4

1 large eggplant, globe is best
4 to 5 medium zucchini, trimmed
4 to 6 medium tomatoes, thinly sliced
1/2 pound mozzarella, shredded
1/4 cup olive oil
1/4 cup fresh basil leaves, cut into thin ribbons
1/4 cup tomato sauce
Salt and pepper)

Preheat oven to 450°F

STEP 1 – Trim and peel the eggplant and slice lengthwise into 1/4-inch-thick slices. Layer the slices in a colander placed over a bowl and lightly salt each layer. Let the slices drain for at least 30 minutes.

STEP 2 – Brush 2 large baking sheets with olive oil. Rinse the salt off the eggplant slices and pat them dry. Put the eggplant slices and zucchini, cut into 1/4-inch lengthwise slices (not peeled), on the baking sheets and brush with 3 Tablespoons oil. Bake until almost cooked through but not browned, about 10 minutes. Set aside until cool enough to handle. Reduce oven temperature to 350°F.

STEP 3 – To assemble the gratin: Spread the tomato sauce on the bottom of a 9-inch-square baking dish. Arrange half the eggplant slices on the sauce, then make a layer of half the zucchini slices, placing them at right angles to the eggplant slices. Layer half of the tomatoes over the zucchini. Lightly season with salt & pepper and sprinkle with half the basil. Top with half the cheese. Repeat the layers in the same order with the remaining ingredients.

STEP 4 – Bake until the cheese melts but doesn't brown, about 15 minutes. Let cool 5 minutes and then cut into squares to serve.

Note: If the tomatoes are not very flavorful, increase the sauce to 1/2 to 3/4 cup and add the extra between layers.