

Spaghetti con Pomodoro, Zucchini e Melanzane

Spaghetti with Tomato, Zucchini and Eggplant

Ingredients: (Serves 6 people)

- 6 Medium size eggplants
- 3 medium zucchini
- 3 cloves of garlic, chopped
- 1 medium brown onion, chopped
- 1 kg plum ripe tomatoes, (or 3 cans peeled tomatoes)
- 10 basil leaves, shredded
- 500g spaghetti or linguini
- ½ cup grated pecorino or romano cheese (Salted Ricotta a specialty)
- salt and freshly ground black pepper for taste
- vegetable oil for frying.
- chilli flakes (Optional)



Method:

1. Slice the eggplants and the zucchini into 1 cm thick slices, salt the slices and sit in a colander for about one hour.
2. Rinse the eggplants and pat dry.
3. In hot oil, fry the eggplants a few pieces at a time, turning them once so both sides are lightly brown.
4. Set them to drain on absorbent paper.
5. Bring a pot of water to the boil, and while it is heating heat a ¼ cup of oil in a medium pot, sauté briefly the garlic and the onion and then stir-in the tomatoes.
6. Season with salt and freshly ground black pepper and some chilli flakes if you would like.
7. Reduce the heat to a simmer and continue cooking the sauce for about 30 to 35 minutes, then about 5 minutes before it is done add the shredded basil.
8. Keep an eye on the pot of pasta while preparing the sauce, and as soon as the water boils add the salt and the pasta.
9. Cook until al dente, drain the pasta and season with the tomato sauce.
10. Bring a bowl of pasta to the table and divide the eggplants slices among them.
11. Sprinkle the pasta with a lot of cheese and serve hot.

Giulia's Tips: Complement with a nice glass of vino rosso. Enjoy!

This recipe is taken from the cooking book "Cucina di Casa Nostra" by Giulia Biviano