

## Stuffed eggplant

### Aubergines farcies

#### Procedure:

- 1 Wash the eggplant and remove the stalk and sepal (top) leaves. Cut in half lengthwise.
- 2 On the flat surface cut a line around the eggplant about 5 mm in from the edge, then crisscross the centre so as to aid the removal of the pulp when it is cooked.
- 3 Place on an ovenproof dish, brush with oil and bake in an oven at 175°C until soft, about 15 minutes.
- 4 Melt the butter in a saucepan and sweat the onion. Add the mushrooms and cook for 4 minutes.
- 5 Scoop out the centre of the eggplant, taking care not to damage the skin. Chop the pulp a little and add it to the onions and mushrooms.
- 6 Add the tomato concassé and half the demi-glaçe.
- 7 Heat the mixture, adding more demi-glaçe if necessary to make a firm but not stiff mixture. Correct the seasoning.
- 8 Place the mixture in the eggplant skin, heaping it up in the centre.
- 9 Sprinkle with breadcrumbs and cheese and gratinate in an oven at 200°C.

	QUANTITIES	
	2 portions	10 portions
Eggplant (approximate weights)	1 x 220 g	5 x 220 g
Butter	20 g	100 g
Onions, finely chopped	20 g	100 g
Mushrooms, cut small	80 g	400 g
Tomato concassé ( <b>recipe 32</b> )	50 g	250 g
Parsley, chopped	2 g	10 g
Demi-glaçe ( <b>recipe 160</b> )	40 mL	200 mL
Grated cheese	10 g	50 g
Breadcrumbs, fresh	10 g	50 g



#### Variation

Eggplant may also be stuffed with:

- a Rice pilaf (**recipe 295**) and cooked lamb. Season with garlic and cayenne pepper, bind the mixture with egg yolk. Proceed as above, but leave out the mushrooms, tomato concassé and demi-glaçe.
- b Chopped cooked chicken and tongue. Proceed as above, but leave out the tomatoes and substitute supreme sauce (**recipe 175**) for demi-glaçe.