Parmigiana

מתכון מאת V-ZUG Ltd.



aubergine gratin with mozzarella

Preparation	1 Hrs
Resting time	5 Mins
Cooking time	40 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

Tomato sauce

1 onion

2 cloves of garlic

1 chilli pepper, halved lengthways and deseeded

1 tbsp olive oil

1 tsp tomato purée

800 g skinned, chopped plum tomatoes (tinned)

1 tsp sugar

1 tsp salt

Some pepper

Layering

1 kg aubergines

Olive oil for brushing and greasing

1 tsp salt

Some pepper

300 g mozzarella

1 bunch of basil

120 g grated Parmesan

3 tbsp breadcrumbs

Tomato sauce

Finely chop the onion, garlic and chilli pepper. Sweat in olive oil in a pan over a medium heat until translucent. Add the tomato purée and sweat briefly. Add the rest of the ingredients and bring to the boil. Reduce the heat and then simmer for 45 minutes, stirring occasionally.

Layering

Cut the aubergines lengthways into 5 mm thick slices. Brush the slices of aubergine generously with olive oil. Season with salt and pepper and leave to drain briefly.

Finely slice the mozzarella. Pluck off the basil leaves.

Grease the porcelain dish with a little olive oil. Spread 1/3 of the tomato sauce in the bottom of the dish. Layer 1/3 of the aubergine, mozzarella and basil on top and sprinkle over 1/3 of the Parmesan. Repeat this step twice.

Sprinkle over the breadcrumbs.

Baking

Preheat the cooking space to 230 °C using the hot air humid mode.

Bake the Parmigiana on a wire shelf in the middle shelf position for 15 minutes.

Reduce the heat and bake the Parmigiana with hot air humid at 200 °C for a further 25 minutes.

Leave the Parmigiana to rest for 5 minutes before serving.

Cooking steps

(Pre-)heat cooking space to 230 °C with Hot air humid

Preheating finished. Put the food in.

Hot air humid 230 °C for 15 Mins

Hot air humid 200 °C for 25 Mins

אביזרים

2-litre porcelain dish

Wire shelf

מידע נוסף

הופק ביום	26.01.2022