

Cooking with Mary's Village Style

Egg Plant Pasta

Ingredients

- 1 L Yellow Onion (Chopped)
- 2 Tbsp Garlic Chopped (2 to 3 tablespoons)
- 2 L 28 oz each cans of Tomatoes peeled and Diced
- 1/2 Cup Sweet Basil torn into small pieces
- 3 Egg Plants cut into cubes (3-4)
- Olive oil and canola oil
- 2 lb Pasta

Directions

1. Wash & dry Egg Plant. Cut into thick disks about 1 ½ inches thick. Cut the disks into cubes.
2. In a large bowl, toss Egg Plant cubes with some olive and canola oil until lightly coated. Season with salt and pepper. Place cubes on 1 to 2 large cookie sheets spreading them out for better roasting. Roast in the oven at 400 until browned turning and tossing after a few minutes (about 30-40 minutes) for even browning as shown at right.
3. Sauté onion until lightly caramelized in some oil. Add desired amount of garlic to sauté until fragrant, about 1-2 minutes.
4. Add basil.
5. Prepare tomatoes, either canned or fresh (peel) and dice. Add to sautéed onions, garlic and basil.
6. Cook vigorously for 30 minutes on medium heat. Add a little water as needed. Season to taste with salt, pepper and a little sugar.
7. Add Roasted Egg Plant cubes and cook for a few more minutes to incorporate the flavors, about 5 to 10 minutes. Be careful not to overcook . If you over cook, the egg plant will dissolve and disappear. The finished sauce is shown at right.
8. For Pasta, use Bucatini or any other long pasta.



This recipe was given to me by my mother-in-law Maria Lucido Coniglio (1919-2011).

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