



EGGPLANT PARMIGIANA

SERVES 4-6

This recipe uses 2 large eggplants sliced lengthwise into ½-inch slabs, oven-fries them with breadcrumbs, and layers them with uncooked seasoned jarred tomato sauce, Parmigiano-Reggiano, and shredded mozzarella. Because the sauce goes in uncooked, the assembled dish gets enough oven time for the sauce to cook and the flavours to come together.

INGREDIENTS

- 2 large eggplants (or 5 to 6 small)
- 2 cups of unseasoned breadcrumbs, seasoned with salt and freshly cracked pepper
- 2 tbsp of grated Parmigiano Reggiano cheese and additional for sprinkling on each layer when assembling
- 3 large eggs, beaten
- ½ cup all-purpose flour
- Olive oil for drizzling (preferably Kitchen76)
- 3 cups jarred tomato sauce
- 2 to 3 garlic cloves
- 1 tsp of dried chili pepper (optional)
- 2½–3 cups shredded mozzarella
- 1–1½ cups finely grated Parmigiano-Reggiano
- Salt and freshly cracked black pepper
- A handful of fresh basil

PREPARING THE EGGPLANT

Trim off the stem ends. Slice each eggplant lengthwise into ½ inch thick slices. Try to keep the slices as even as possible. Lightly salt both sides and arrange the slices on paper towels in one layer. Let them sit for 15 to 20 minutes. Pat the liquid from the eggplant very thoroughly dry with paper towels. Set up three shallow dishes: one for the beaten egg and one for the breadcrumbs that you need to season and mix well with salt, cracked pepper and 2 tbsp of grated Parmigiano cheese. Working one slice at a time, dip the eggplant into the egg and let the excess drip off, then press it into the breadcrumbs on both sides. Arrange in a single layer on the prepared baking sheets lined with parchment paper without overlapping the slices. You may need to do the eggplant in batches. Lightly drizzle each side with olive oil. Bake in a preheated 400 degree oven for 25 to 30 minutes (or until golden), turning halfway through cooking time. Once cooking is complete, set aside to cool.

PREPARING THE TOMATO SAUCE

In a bowl, add the tomato sauce from the jars. Add a ½ cup of water to the jars and shake the remaining sauce left on the bowl and pour into the bowl. Season the sauce with salt, pepper, add the garlic cloves and a few torn pieces of basil. If using chili pepper, add in as well.

Set aside until ready to use.

ASSEMBLY

In a 9×13 inch deep baking dish, ladle the sauce on the base of the baking dish, be generous with this base layer so it acts as a base for the dish. Layer the eggplant, covering the full base of the dish, overlapping a little bit if needed. Then spoon a thin layer of sauce, an even layer of mozzarella cheese, a generous sprinkle of grated cheese and torn basil leaves. Repeat this layering until you use up all of the eggplant, it should be 3 layers of eggplant. Tip: Do not add basil to the top layer, it will discolour from the heat when baking. Cover with foil and then bake in a preheated 400 degree oven for 35 to 40 minutes. Uncover and bake for an additional 15 minutes or until the mozzarella becomes golden and the sauce is bubbling. Allow the Eggplant Parmigiana to rest for about 15 to 20 minutes before cutting into it

WINE PAIRING

Our Riesling brings a vibrant, crisp acidity and stone fruit brightness that acts as a refreshing contrast to the baked cheesy layers.

TWO SISTERS



COD PASTA

INGREDIENTS

- 8-9 pieces (or one medium vacuumed pack portion) of salted/cured cod that has been already de-salted
 - 1/3 cup of olive oil (preferably Kitchen76)
 - 1 onion, diced
 - 2 to 3 stalks of celery, chopped fine
 - 2 tbsp parsley, chopped
 - ¼ cup of white wine
 - 1 tsp of chilli flakes
- 1 pack of Artisanal, Strozapretti or Casarecce pasta

In a heavy bottom shallow pan on medium/heat, add olive oil and the onions, celery and dried chili. Cook covered for about 8 to 10 minutes or until onion becomes translucent and celery softens.

Uncover lid and add the pieces of cod, nestle the pieces within the vegetables and cook on medium heat. Add the parsley, white wine and close the lid. Cook for about 10 to 18 minutes, gently mixing a couple of times. As it cooks, the cod will break apart within the sauce.

Cook the pasta in salted boiling water until al dente. Before draining, reserve a cup of pasta water to add to the pasta if needed to loosen up the sauce and add additional creaminess. Add the pasta directly into the pan with the cod mixture, mix gently and add pasta water if needed to make it the desired constancy and in case it needs a bit more moisture.

Serve right away.

WINE PAIRING

Domenica's Block Chardonnay pairs beautifully with this cod pasta. The wine's richness and texture complement the savory and slightly briny character of the cod and the silky olive oil. The celery, onion and parsley bring a lovely aromatic freshness that works with the Chardonnay's elegant character.