

Melanzane Ripiene (Stuffed aubergines)

INGREDIENTS

(4 portions)

4 Aubergines medium size

300gr Beef mince meat

300 gr tomatoes sauce

60gr Bread soft inside

50gr Grated cheese

2 Fresh mozzarella 125gr
(optional)

3 Garlic cloves

½ glass White wine

Extra virgin olive oil

Basil

Black pepper to taste

Salt to taste

[Multicultivar Harmonia EVOO](#),
[Frantoio Converso](#)

[Bella Lodi Classico Black Rind](#),
[Bella Lodi](#)

[San Marzano Tomatoes](#),
[Fontanella](#)



Wine pairing suggestions



Montepulciano d'Abruzzo DOCG "Notari", Nicodemi

Description

Aubergines are widely used in Italy when in season and there are plenty of recipes that show their versatility, from pasta to main courses and starters. Aubergines are mainly known for "melanzane alla parmigiana" but this recipe, given to me by my mum and slightly adapted, it is a good alternative. Buon appetito

Preparation

To prepare the stuffed aubergines, start by cutting the ends of the aubergines, wash them, dry them and cut them in half lengthwise. Remove the pulp using a spoon and set aside. Then salt (with rock salt) the inner part of the aubergines and arrange them on a wire rack to lose the water for about 30 minutes, once done, rinse them.

Meanwhile, heat a little oil in a pan and the garlic clove chopped very fine and add the minced meat until it becomes brown, then add the white wine.

Now chop the aubergine pulp and add it to the meat and cook for a couple of minutes or until cooked.

In the meantime, take the inside of the bread and cut it into cubes and put it in a mixer until it crumbles. Add this to the pan and leave to cook for a few more minutes.

At this point let the mixture cool down a bit, mix well and use it to fill the aubergines, then salt and pepper. Cut the mozzarella into small cubes and put on top of each aubergine.

Arrange the aubergines side by side in a previously oiled baking tray, sprinkle each of them with a spoonful of tomato sauce, a drizzle of oil and sprinkle with grated pecorino. Bake the stuffed aubergines for about 30 minutes at 180 °C. Let the aubergine rest for a few minutes and then serve.