

EGGPLANT & RICOTTA ROULADES
2018 BUCHIGNANI RANCH CARIGNANE



RIDGE
VINEYARDS
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INGREDIENTS

Eggplant

1 large eggplant
1 tablespoon salt

Sauce

1 small onion, chopped
1/4 cup olive oil
2 garlic cloves, minced
1 can (15 ounces) tomato sauce
1 can (14-1/2 ounces) diced tomatoes
1/2 cup chicken broth
1/4 cup tomato paste
2 tablespoons minced fresh parsley
2 teaspoons sugar
1/2 teaspoon salt
1/2 bunch basil, chopped
1/4 teaspoon pepper
1/8 teaspoon crushed red pepper flakes

Filling

1 carton (15 ounces) ricotta cheese
1 cup shredded part-skim mozzarella cheese
1/2 cup grated Parmesan cheese
1/4 cup minced fresh parsley
1 large egg, lightly beaten
1/8 teaspoon freshly-ground black pepper

Coating

3 large eggs, lightly beaten
1 cup seasoned bread crumbs
1 cup grated Parmesan cheese, divided
2 garlic cloves, minced
2 tablespoons minced fresh parsley
Dash each salt and pepper
Vegetable oil for frying (approximately 6 cups)

INSTRUCTIONS

Eggplant

Peel and slice eggplant lengthwise into approximately fifteen 1/8-inch-thick slices. Place eggplant slices in a colander set over a plate, sprinkle with one tablespoon of salt and toss. This helps to release any bitterness. Let stand 30 minutes then rinse, drain, and set aside.

Sauce

Heat large saucepan over medium heat. Add olive oil and onion and sauté until golden brown. Add garlic and cook 1 minute longer. Stir in remaining sauce ingredients and bring to a boil. Reduce heat and simmer, uncovered, until flavors are blended, stirring occasionally, 20-25 minutes.

Filling

In a large bowl, combine all filling ingredients and mix well to thoroughly combine. Set aside.

Coating, Frying & Baking

Place lightly-beaten eggs in a shallow bowl.
In another shallow bowl, combine bread crumbs, 1/2 cup Parmesan cheese, garlic, parsley, salt and pepper.
One slice at a time, dip eggplant slices into the beaten eggs, then transfer to the bread crumb mixture to coat evenly.
In a large sauté pan or cast iron skillet, heat 1/2 inch of oil to 375°F.
Fry eggplant in batches until golden brown, 2-3 minutes on each side. Drain on paper towels. Preheat oven to 375°F.
Spoon 1 cup sauce into an ungreased 9 x 13-inch baking dish.
Spread 2 rounded tablespoons filling over each eggplant slice.
Carefully roll the eggplant slices around the filling and place seam side down in baking dish.
Spoon remaining sauce over roll-ups.
Sprinkle with remaining Parmesan cheese.
Cover and bake until bubbly, 30-35 minutes.

Can be prepared up to three days in advance of baking or frozen for up to three months.

SERVES: 4-6

PREP TIME: 1 hour

COOKING TIME: 45 minutes

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