

STUFFED EGGPLANTS

1. Slice eggplants in half and boil.
2. When tender enough to scoop out middle, drain and rinse with cold water.
3. Scoop out carefully, so as not to break skins.
4. Chop centre up finely and put in large bowl.
5. Add salt, garlic, parsley, pepper, 1 egg, breadcrumbs, and grated parmesan cheese.
6. Fill in skins.
7. Fry in shallow oil. I arrange in a shallow oven proof dish.
8. Make up a fresh tomato sauce.
9. Pour over sauce, sprinkle with more cheese.
10. Cook in oven.
11. Serve - spooning a little more sauce over the top and shaved parmesan.

P.S Can also chop up skins and all and make into patties. Serve with tomato sauce or chilli sauce.

Variation: Onion, bacon, rice and mince can also be added but plain was the traditional way.