



**RECIPE OF THE WEEK: 02/09/2020**

**MELITZANES KE TYRI STO FOURNO  
(BAKED AUBERGINES WITH CHEESE)**

**Serves 4-6 people**

**Ingredients**

**125ml vegetable oil**

**1kg large aubergines, sliced lengthways, 1cm thick**

**4tbsp olive oil and a little extra for drizzling**

**3 cloves garlic, roughly chopped**

**1x300g jar tomato perasti (Greek equivalent of tomato passata)**

**or**

**4 large ripe tomatoes, skinned, deseeded and roughly chopped**

**1tbsp tomato puree dissolved in 100ml water**

**1tsp dried oregano**

**½ bunch flat-leaf parsley, finely chopped**

**125g kefalotyri (a hard sheep's milk cheese) or parmesan, grated  
sea salt and freshly ground black pepper**

**Method**

1. Preheat the oven to 200'C/180'C fan, gas mark 4.
2. Heat the vegetable oil in a large frying pan, add the aubergines and fry for 5 minutes until they begin to brown, turning the slices once. Add more oil if necessary.
3. Remove and drain on absorbent kitchen paper and layer the aubergine slices in a large baking tin or casserole dish.
4. In a heavy bottomed frying pan, heat the olive oil and sauté the garlic for 1 minute, add the tomato perasti or chopped tomatoes and then add the tomato puree mixture. Cook until the liquid has evaporated.
5. Stir in the oregano and parsley and season with salt and pepper.
6. Pour the tomato mixture over the aubergine slices, drizzle a little extra olive oil on top and sprinkle over the grated cheese.
7. Bake for around 30 minutes until browned
8. Serve hot or cold with a tomato salad and plenty of crusty bread.