

Sweet and Sour Baked Eggplant with Mozzarella and Parmesan Cheese

Adapted from Einat Admony

This recipe is a wonderful adaptation of a classic eggplant parmesan classic. It can be served as a pareve vegetable dish or a dairy main for Shabbat.

2 medium eggplants or 4 smaller Asian eggplants, approximately one pound

A few Tablespoons olive oil

1 medium onion, thinly sliced

½ cup tomato paste

1 ½ cups water

1 Tablespoon sugar

2 to 3 Tablespoons lemon juice

¼ teaspoon chile flakes (optional)

Grated mozzarella

Grated parmesan cheese

1. Preheat oven to 400 degrees. Slice the eggplants into ½ inch rounds and place on a baking sheet covered with parchment. Lightly brush both sides of eggplant with olive oil. Bake 15 minutes on one side, then turn over and bake for another 15 minutes. Lower oven to 210 degrees, if you want to bake the dish overnight, or to 250 degrees for a 3-hour bake.
2. Place a little olive oil in a medium skillet and heat. Add onion slices to pan, and saute over medium heat, until soft and slightly golden, about ten minutes.
3. Line the bottom of a casserole dish with sliced onions. Layer the baked eggplant slices on top of the onion.
4. Whisk together the tomato paste, water, sugar, lemon juice and a bit of salt in a small bowl and pour over the eggplant. Cover the dish with a lid or aluminum foil and bake for at least 3 hours at 250 degrees or overnight at 210.
5. Uncover the eggplant and spread cheeses on top. Broil until browned.