

Eggplant-Wrapped Chicken

Recipe By *Leah Schapira*

Victoria Dwek



Cooking and Prep:  3 h

Serves:  4

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Passover

Diet: Gluten Free

Source: Whisk by Ami

Magazine

When Shaya was eating this dish in his mother-in-law Rachel's house, he asked his wife Raizel, "Why don't you make this as good as your mom does?"

Raizel answered, "Because you told me you're on a diet, and I listened!"

Raizel had attempted a low-fat version of this dish. A good wife does as her husband asks. And a good mother-in-law keeps her son-in-law spoiled with good food. —Victoria Dwek

Ingredients (14)

Chicken

- 6 boneless skinless chicken thighs
- 1/4 teaspoon salt
- pinch coarse **Gefen Black Pepper**

Eggplant

- 1 tall eggplant
- 1/2 cup oil
- 1/4 teaspoon salt
- pinch coarse **Gefen Black Pepper**

Meat Mixture

- 3 tablespoons oil
- 1 onion, diced
- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 1/2 pound ground meat
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder

Sommelier Suggests

- Shiloh Shor Cabernet Franc**
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Start Cooking

Prepare the Eggplant

1. Preheat oven to broil. Grease a baking sheet.
2. Cut eggplant lengthwise, 1/4-inch thick, to get 6 or 7 slices. Reserve remaining eggplant scraps.
3. Place eggplant slices on prepared baking sheet. Brush slices with oil and season with salt and pepper. Broil 5 minutes per side, until second side is beginning to brown. The slices should appear as if they were fried. Remove and set aside.

Prepare Meat Mixture

1. Preheat oven to 350°F.
2. Peel and finely dice remaining eggplant to obtain half a cup of diced eggplant.
3. Heat oil in a sauté pan over medium heat. Add onion, garlic, and diced eggplant and sauté

until soft, about 5–7 minutes.

4. In a small bowl, combine this onion mixture with ground meat. Season with salt and garlic powder.

Assemble and Bake

1. Season chicken thighs with salt and pepper. Place a tablespoon of the meat mixture into each thigh and roll up to close.
2. Roll an eggplant slice around each stuffed chicken thigh. Place, seam-side down and close together, in a baking pan.
3. Cover and bake for two and a half hours.

Note:

To prepare in advance, stuff the chicken with the meat mixture and wrap in the baked eggplant. Cover tightly and freeze until day of serving, and then bake as instructed.