

Eggplant Stacks with Parsnip Puree

Recipe By Renee Muller



Cooking and Prep:  2
h 15 m

Serves:  8

Contains: 

Preference: Meat

This is a pretty side dish that will enhance any plate. It's even low carb!

Difficulty: Easy

Occasion: Passover

Diet: Gluten Free, Low Carb

Source: Whisk by Ami

Magazine

Ingredients (13)

Puree

- 5 parsnips, peeled and cubed
- 2 celery roots, peeled and cubed
- 1 red potato, peeled and cubed
- 2 cups **Empire Chicken Broth** or other chicken stock (or chicken soup)
- salt, to taste (amount will depend on your stock)

pepper, to taste (amount will depend on your stock)

1 egg yolk

Eggplant

1 large eggplant, peeled and sliced into 1/2-inch thick rounds

salt, for sprinkling

2 eggs

1/4 teaspoon pepper

1 cup ground walnuts

oil for frying (about 1/4 cup)

Start Cooking

Prepare the Puree

1. In a large saucepan, combine parsnips, celery roots, potato, and chicken stock. Add water only to just cover. Bring to a boil over high heat. Lower heat and let simmer until softened, about 45 minutes. Drain.
2. In a large bowl, mash vegetables well. Add egg yolk. Keep mixing until well blended. Taste and adjust seasoning as needed.

Prepare the Fried Eggplant

Yield: 8 stacks

1. Salt eggplants and line on paper towels. Turn over and salt other side as well. Let sweat for at least one hour.
2. Rinse eggplants under running water and pat dry. Beat the eggs with the pepper. Dip each eggplant round into the egg mixture and then dredge with the ground walnuts.
3. Heat oil in a large skillet over low heat (so you can fry these eggplant rounds slowly and evenly). Add eggplant rounds and fry on each side until golden. Drain on paper towels. Top with a scoop of the puree and some pulled meat (see tip). Serve immediately.

Tip:

I like to serve it alongside the flanken (or any roast); that way I get to shred some of the meat and top the stacks with it. I also use the sauce from the meat over it.