

Marinated Eggplant

Recipe By *Elky Friedman*



Cooking and Prep:  35
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Serves:  5

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Paleo,
Gluten Free, Low Fat, Low
Carb, Vegan, Pescetarian

Source: Whisk by Ami
Magazine

My husband's Savta, Leah, lived in Eretz Yisrael for most of her life. She was already the mother of a few children during the War of Independence in 1948 and her family had grown by the Yom Kippur War. She learned excellent survival skills during these trying times. An important one was being able to always put a satisfying meal on the table for her family even when food was scarce. She was able to take a simple vegetable and turn it into a special dish. She made this eggplant dish every single Passover and it became one of her specialties. Her children loved it and continued to make it in their homes on Passover—and now her grandchildren do too! It's simple, but so special.

Ingredients (10)

Main ingredients

- 1 large eggplant, peeled and sliced
- Haddar Kosher Salt**
- 2 cups (16 ounces) **Gefen Tomato Sauce**

- 1 cup water
 - 1 clove garlic, chopped or 1 cube Gefen Frozen Garlic
 - 2 tablespoons lemon juice
 - 2 tablespoons sugar
 - 1/2 teaspoon salt
 - dash of pepper
 - 1 egg
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Start Cooking

Prepare the Eggplant

1. Preheat oven to 375 degrees Fahrenheit. Grease a baking sheet with nonstick cooking spray.
2. Slice eggplant thinly. Salt the circles with kosher salt. Let sit for 10 minutes to bring out the bitterness.
3. Meanwhile, in a small saucepan, combine tomato sauce, water, garlic, lemon juice, sugar, salt and pepper. Bring to a boil. Remove from heat.
4. Dab the eggplant slices to remove dampness. In a shallow bowl, whisk egg and dip each slice into the egg. Place them on the prepared baking sheet. Bake for 10 minutes until soft and a bit crisp. Alternatively, you can spray a nonstick pan with cooking spray and lightly “fry” them for two minutes on each side. This will yield great results, but is a bit more time consuming.
5. Place cooked eggplant into a 9x13-inch baking pan. Pour the sauce over the eggplant and marinate overnight for best results. Warm for five to seven minutes in the oven before serving.