



For 4–6 people

1 kg aubergines
½ kg courgettes
300 g mozzarella (e.g. buffalo mozzarella)
150 g Italian hard cheese, freshly grated
½ bunch of basil Sea salt

Tomato sauce:

1.5 kg San Marzano (plum) tomatoes
1 onion
3 cloves of garlic
1–2 tablespoons of red wine or tomato vinegar
Olive oil
Milled black pepper
Fresh oregano and basil

Cut the aubergines and courgettes lengthways into 1 cm thick slices, then lightly salt and allow them to dry out for 60 minutes.

For the sauce, peel and deseed the tomatoes, finely chop the onions and pluck the herbs. Sauté the onions and garlic in oil, add the oregano and cook on a low heat for 10 minutes until soft. Add the tomatoes, mash them and simmer for 20 minutes covered with a lid. Brush the aubergines and courgettes with olive oil on both sides, fry in the grilling pan until golden brown and dry them off using kitchen towel. Season the tomato sauce with salt, pepper, vinegar and basil. Cut the mozzarella into slices. Oil an ovenproof dish, and fill it with alternate layers of tomato sauce, aubergines, courgettes, a little grated cheese and a few basil leaves, then top it with grated cheese and mozzarella. Bake the Parmigiana in the top third of a pre-heated oven at 185°C for 30 to 40 minutes. Take it out, let it stand for 10 minutes, then serve.