



## RECIPES

### Eggplant Romano

- 2 Large eggplants, peeled
- 1 cup Safflower oil
- 1 cup grated Sheep milk Pecorino Romano cheese
- ½ lb. sliced Spanish sheep milk Manchego cheese
- 1-32 oz. can unsalted Roma tomatoes, pureed
- ½ cup aged red wine (optional)
- 1 Tbsp oregano leaves
- 1 Tbsp basil leaves
- 1 Tbsp marjoram leaves
- 1 Tbsp. pressed elephant garlic
- 1 tsp. thyme leaves
- ¼ tsp cayenne
- 1 Tbsp raw honey
- 1 Tbsp. Kal nutritional yeast flakes

Cut eggplants into ¾ inch thick slices, lengthwise so that each slice is the full area of the eggplant. Pre-heat cast iron skillet with ¼ c. Safflower oil on medium-high temp stove. Carefully place slices into pan. Eggplant will absorb a lot of oil and will shrink while cooking. Fry each side 3-5 minutes, or until golden and transparent. Remove slices from pan and place on plate with absorbent material to soak up extra oil. Add more oil to skillet with each new batch of eggplant slices and cook all remaining eggplant slices. Set aside.

Pre-heat oven to 400 degrees. Combine pureed tomatoes, wine, and all spices (except nutritional yeast) in a saucepan over medium heat. Cook just until boiling, and then remove from heat.

In 4 quart casserole dish, cover bottom of dish with cooked eggplant slices. Spoon tomato sauce over eggplant until it is just covered. Arrange scant slices of Manchego cheese, then sprinkle with Romano cheese. Arrange another layer of eggplant over the first layer and repeat tomato sauce and cheeses. On top layer put the most Romano cheese and bake uncovered 30-35 minutes until bubbly and golden on top. Can be served over pasta or rice with a side of fresh green garden or beet salad