

OT: Italian Recipe: "pasta con melanzane"

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Hello All!

If you want to risk something new, you can try this delicious recipe I've just prepared for lunch

Ingredients (for 2 people):

- Pasta (good quality like Barilla). "penne" would be fine. (200 g, 7 oz)
- Tomato sauce (no ketchup!), 1 can (250 g, 9 oz)
- 1/2 onion, 1 carrot, 1 garlic clove
- 1 eggplant (average size)
- Some white wine
- Salt

Method:

- Cut the eggplant in small cubes and fry them with abundant peanut oil and the garlic clove sliced, in a large pan.
- When the cubes are slightly golden, put the pan off and dry carefully the cubes
- In another pan, pour 2 tbs of olive oil, heat up and add the onion and the carrot, both minced. Once golden, add the tomato sauce and cover. Remember to stir once in a while. After 5 minutes, add half glass of white wine and keep cooking for 15 more minutes (over a small fire). If the sauce gets too dry, add some white wine.
- When you have almost finished the sauce, start cooking the pasta (just check the box, 10 minutes should be OK) in abundant salty water.
- Then dry the pasta, add the sauce and enjoy!

I'm sorry for my weak English, especially when writing recipes :-)

Let me know!

Stefano

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