

MELANZANE GRIGLIATE RIPIENE CON FUNGHI E SALSICCIA, POMODORO FRESCO AL BASILICO E GREMOLATA

GRILLED EGGPLANT WITH MUSHROOMS, SAUSAGE, AND GROUND BEEF FILLING,
FRESH TOMATO BASIL SAUCE, AND GREMOLATA

PAIRED WITH 2023 SANGIOVESE GROSSO | YIELDS 6 SERVINGS

INGREDIENTS

3 large eggplants
olive oil
kosher salt
6 oz Italian sausage
4 oz ground beef
8 oz fresh mushrooms, finely chopped
(crimini, oyster, shiitake)
2 Tbsp shallot, minced
1 clove garlic, minced
2 Tbsp olive oil
1 Tbsp egg, beaten
2 Tbsp cooked white rice, lightly mashed
1 Tbsp chopped parsley
½ tsp fresh thyme
black pepper, freshly ground
kosher salt, as needed
pinch lemon zest
shaved parmesan, for serving

TOMATO-BASIL SAUCE

2 Tbsp olive oil
4 cloves garlic, thinly sliced
1 (28 oz) can crushed tomatoes
(high-quality)
salt, as needed
1 cup fresh basil leaves
olive oil for finishing

GREMOLATA

2 Tbsp flat-leaf parsley, washed & dried
1 tsp lemon zest, minced
1 small garlic clove, finely minced
1–2 tsp extra virgin olive oil
pinch kosher salt
yields 2 ounces

METHOD

1. Preheat grill. Slice eggplant lengthwise into ¼" strips.
2. Salt lightly on each side and rest 20 minutes. Then blot dry with paper towel. Brush both sides of eggplant with olive oil and season with black pepper.
3. Grill eggplant on both sides so it has charred marks and is flexible. Set aside. Then Preheat oven to 375°F.
4. Heat a sauté pan over medium high heat. Add olive oil and mushrooms. Season with salt and pepper and cook until all liquid has evaporated and mixture is brown.
5. Add shallot, garlic and thyme and cook briefly. Cool completely.
6. In a large bowl combine the sausage, ground beef, mushroom mixture, egg, cooked rice, parsley, black pepper and lemon zest and mix gently until just combined.
7. Scoop the filling into about 12 pieces and form filling into a 3" log and place on a baking sheet with parchment paper. Sprinkle with salt and pepper and bake until well browned. Remove from the oven and allow to cool on the sheet tray.
8. To assemble involtini, place a cooked piece of filling on each eggplant slice then roll tightly.
9. Place seam-side down in a lightly oiled baking dish.
10. Bake at for about 15 minutes, until heated to 165°F minimum internal temperature.
11. Spoon tomato sauce on a heated plate, place 2 involtini on top and put a small amount of sauce on top.
12. Add shaved parmesan and a dab of gremolata and a drizzle of extra virgin olive oil. Serve.

TOMATO-BASIL SAUCE METHOD

1. Heat olive oil in a medium saucepan over medium heat.
2. Add sliced garlic and heat but don't brown.
3. Add tomatoes a pinch of salt.
4. Simmer 15–20 minutes.
5. Tear basil into sauce and finish with a drizzle of olive oil.

GREMOLATA METHOD

1. Finely chop parsley until almost fluffy (not wet). Place in small bowl.
2. Add lemon zest and garlic and stir to combine.
3. Add just enough olive oil to bind along with a pinch of salt.
4. Taste and adjust flavor with more zest or salt. Serve.