

Eggplant Tartines With Hummus And Arugula

Gourmet | September 2008

by Gina Marie Miraglia Eriquez

Makes 8 (snack) servings

1 1/2 pound eggplant, cut crosswise into 1/2-inch slices
5 tablespoons extra-virgin olive oil, divided
4 sun-dried tomatoes packed in oil, drained and finely chopped
1 teaspoon Sriracha (Southeast Asian chile sauce; optional)
2 ounces baby arugula (4 cups)
6 tablespoons hummus
1 (24-inch) baguette, quartered crosswise, then each quarter halved horizontally and lightly toasted

Preheat broiler. Brush eggplant on both sides with 3 tablespoons oil (total). Season with 1/2 teaspoon salt. Broil in 1 layer in an oiled 4-sided sheet pan 5 to 7 inches from heat, turning once, until browned and tender, 8 to 10 minutes total. Cool completely, then coarsely chop.

Whisk together sun-dried tomatoes, Sriracha (if using), and remaining 2 tablespoons oil in a large bowl. Add arugula and salt to taste, then toss.

Spread hummus on baguette, then make open-face sandwiches with eggplant and arugula.

Fried Eggplant With Honey, Mint, And Sesame Seeds

Bon Appétit | October 2002

This recipe is from Andalusia in the south. The North African touches of honey and mint come by way of the Moors, who ruled the region for centuries.

Makes 8 servings.

1 pound eggplant, peeled, cut crosswise into 1/8-inch-thick rounds (about 32)
4 cups water
2 1/4 teaspoons salt
2/3 cup all purpose flour
1 teaspoon baking powder
1 cup whole milk
2 large eggs, lightly beaten
Olive oil (for frying)
1/4 cup honey
3 tablespoons sesame seeds, toasted
2 tablespoons chopped fresh mint leaves

Place eggplant in large bowl. Add 4 cups water and 2 teaspoons salt. Let soak 30 minutes. Drain well; pat eggplant dry with paper towels.

Mix flour, baking powder, and remaining 1/4 teaspoon salt in medium bowl. Whisk in milk and eggs. Heat enough oil to come 1/2 inch up sides of pan in heavy large skillet over medium heat. Working in batches, dip eggplant rounds in batter, then fry in oil until golden, about 30 seconds per side. Transfer to paper towels to drain.

Warm honey in small saucepan over medium heat. Place eggplant rounds on platter. Drizzle with honey. Sprinkle with sesame seeds and mint; serve warm or at room temperature.

Crisp Fried Eggplant

Gourmet | April 1990

Can be prepared in 45 minutes or less.

Serves 2 as a side dish or first course.

1/3 cup cornstarch

1 large egg

1/2 teaspoon coarse salt plus additional for sprinkling the eggplant

1 cup fresh bread crumbs

1 small eggplant (about 1/4 pound), cut crosswise into 1/4-inch-thick slices

vegetable oil for deep-frying

lemon wedges if desired

Put the cornstarch, the egg beaten with 1/2 teaspoon of the salt, and the bread crumbs in separate small dishes. Dredge each eggplant slice in the cornstarch, coating it thoroughly and shaking off the excess, coat it with the egg mixture, and dredge it in the bread crumbs, pressing on the crumbs to make them adhere. Transfer the eggplant as it is coated to paper towels and let it dry slightly. In a deep heavy skillet fry the eggplant slices in batches in 1/2 inch of 375°F. oil for 1 minute on each side, or until they are golden brown, and transfer them with tongs to paper towels to drain. Sprinkle the eggplant lightly with the additional salt and serve it with the lemon wedges.

Fennel And Sausage Ragu Over Pasta

Gourmet | February 2000

This ragù would also be excellent served over instant polenta instead of pasta.

Active time: 25 min Start to finish: 35 min

Serves 4

1 fennel bulb (sometimes called anise) with fronds

1 medium onion, chopped

1 tablespoon olive oil

1 lb sweet Italian sausage, casings discarded

1/2 cup dry white wine

2 cups prepared marinara sauce

1 lb rotini, fusilli, or other spiral pasta

Trim stems from fennel bulb and cut away any brown spots from outer layer. Chop and reserve 2 tablespoons fronds and chop bulb. Sauté fennel bulb and onion in oil in a 12-inch heavy skillet over moderately high heat, stirring, until beginning to brown. Add sausage and cook, stirring and breaking up lumps with a fork, until no longer pink. Add wine and simmer until reduced by about half, then add marinara sauce and simmer, stirring frequently, until vegetables are tender and sauce is thickened, about 10 minutes.

While sauce simmers, cook pasta in a pot of boiling salted water until al dente, 8 to 10 minutes. Drain and toss with sauce. Sprinkle with reserved fennel fronds.

Butternut Squash And Cannellini Soup With Bacon

Bon Appétit | February 2003

Makes 4 main-course servings.

2 thick bacon slices, chopped
1 1/2 cups chopped onion
6 garlic cloves, minced
3 cups low-salt chicken broth
4 cups 3/4-inch cubes peeled butternut squash (from one 1 3/4-pound squash)
3 15-ounce cans cannellini (white kidney beans), undrained
1 14 1/2-ounce can diced tomatoes in juice, drained
1 teaspoon chopped fresh rosemary

Sauté bacon in heavy large pot over medium heat until crisp, about 4 minutes. Transfer to paper towels to drain. Add chopped onion and garlic to drippings in pot; sauté until golden, about 10 minutes. Add chicken broth; bring to boil. Stir in butternut squash, 1 can cannellini with liquid, drained tomatoes, and fresh rosemary. Puree remaining 2 cans cannellini with liquid in processor until smooth; add to soup. Cover and simmer until butternut squash is tender and flavors blend, about 15 minutes. Season soup with salt and pepper. (Bacon and soup can be made 1 day ahead. Wrap and chill bacon. Chill soup uncovered until cold, then cover and keep refrigerated. Rewarm bacon and soup separately before serving.) Ladle soup into bowls. Garnish with chopped bacon and serve.

Per serving: calories, 415; total fat, 4 g; saturated fat, 1 g; cholesterol, 6 mg

Green Beans And Roasted Squash With Sherry Soy Butter

Gourmet | November 2002

Active time: 50 min Start to finish: 1 1/2 hr

Makes 8 to 10 servings.

2 lb green beans (preferably haricots verts), trimmed
4 lb butternut squash, halved lengthwise, seeded, and diagonally cut crosswise into 1 1/2-inch-thick triangular pieces
3 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 stick (1/2 cup) plus 1 tablespoon unsalted butter, stick cut into tablespoon pieces and other tablespoon melted
1 1/2 tablespoons Sherry vinegar
1 1/2 tablespoons soy sauce

Preheat oven to 425°F.

Cook beans in 2 batches in a 4-quart saucepan of **boiling salted water** until just tender, 3 to 4 minutes, transferring with a slotted spoon to a bowl of ice and cold water to stop cooking. When cool, drain beans and pat dry.

Toss squash with oil, salt, and pepper in a large bowl, then roast in a large shallow baking pan (1 inch deep) in middle of oven, turning occasionally, until golden brown and tender, about 40 minutes.

While squash is roasting, melt 1 stick butter with vinegar and soy sauce over moderately low heat, whisking until emulsified, about 4 minutes. Season with salt and pepper.

Reduce oven temperature to 350°F.

Push roasted squash to 1 side of roasting pan and add beans to other side.

Drizzle beans with tablespoon melted butter and heat in middle of oven, uncovered, stirring occasionally, about 20 minutes.

Transfer roasted vegetables to a dish. Just before serving, drizzle with Sherry soy butter and gently toss.

Cooks' notes:

- Squash can be roasted 1 day ahead and chilled, covered. Bring to room temperature before reheating with beans.