

Stuffed Eggplant With Ground Beef

Two medium eggplants, washed and excess water shaken off

Kosher salt

1 pound approximately (1/2 a kilo) chopped meat

1 egg

1/2 cup breadcrumbs or 1/3 cup matzah meal or 1/4-1/3 cup potato starch

2 heaping tablespoon chopped fried onions, or one small onion, peeled, chopped and fried in a tablespoon of oil

1 teaspoon garlic powder

1/2 teaspoon cumin (for Passover you can skip this)

1 -2 24.5 ounce jar tomato sauce for pasta (or 1-2 700 gram jars, depending if you want sauce or water to add to halfway mark on eggplant. I prefer sauce)

Olive oil

Directions:

Leaving the top of the eggplant intact make four or five slices in the eggplants lengthwise. (See pics above) Sprinkle them heavily with the kosher salt stacking them as though they were one eggplant closed (See pics above) and let them sit for approximately 30 minutes. Rinse off the salt and the bitter liquid which comes out of the eggplant and shake off excess water. Set aside.

Preheat oven to 350 F.

Prepare the chopped meat mixture by mixing chopped meat, the egg, the breadcrumbs (or matzah meal or potato starch), the garlic powder, cumin (skip for Passover), fried chopped onion and a quarter of a cup of the tomato sauce. Pour approximately half of the rest of the tomato sauce into the bottom of a greased pan. Lay the eggplants down in the tomato sauce and spread open the cuts stuffing them equally with the chopped meat mixture. Drizzle about a quarter cup of the jar of tomato sauce over the eggplants and then sprinkle them with additional garlic powder and grind some salt or sprinkle salt over the top then drizzle lightly with olive oil. Check the level of sauce up the sides of the eggplants. It should go halfway up the sides. Either add more sauce or hot water to go halfway up. Cover pan tightly with tin foil and bake at 350 F for approximately half an hour then uncover and bake an additional 20 minutes or till eggplants can be pierced easily with a skewer and look a bit deflated.