

Eggplant Rolls Stuffed with Meat

2 medium eggplants or 3 small ones
coarse salt to sprinkle on eggplant
2 kilos chopped meat
2 cloves crushed garlic
2 teaspoons chopped parsley (fresh or frozen)
1 medium onion, chopped and sautéed in 2 tablespoons oil, save 1 tablespoon fried onion for sauce
2 eggs
8 tablespoons breadcrumbs/matzo meal or 6 tablespoons potato starch
For sauce:
2 jars prepared tomato sauce each jar 26 ounces or about 1550 ml all together
240 grams tomato paste about 8 ounces
1 clove crushed garlic
1 tablespoon chopped parsley
1 tablespoon fried onion
2 teaspoons salt

Slice washed eggplant into 1/4 inch (.635 centimeters) slices. Place on flat surface and sprinkle with the salt on both sides. Let sit about 20 minutes while you organize the rest of your ingredients. This draws out the excess moisture and helps make eggplant less bitter. Preheat the oven to 425 F/220 C. Rinse off eggplant and pat dry. Spray oil the slices lightly on both sides. Place on parchment paper lined baking sheets. Roast till soft about 15 - 18 minutes, no need to turn the slices.

Lower temperature to 350F/180 C. Then prepare meat mixture:

Place chopped meat, fried onion, 2 cloves crushed garlic, 2 teaspoons chopped parsley, eggs and breadcrumbs or matzo meal or potato starch together in a large bowl. Mix all ingredients together well.

For sauce: mix jars of tomato sauce with tomato paste, fried onion and garlic and parsley in a bowl.

Take a baking dish with high sides and place parchment paper on bottom (for ease of cleanup but you can do without it if you wish) and put about 1/3-1/2 cups of sauce on bottom of pan, spread about to cover bottom. Set aside.

Once eggplants slices are done and cooled, place about a palmful of meat mixture on the whole surface of the slice, roll into a nice roll and place on sauce in pan. Generously ladle sauce over the rolls. Cover with foil or top of pan. Place in preheated oven.

Bake 1 hour and 15 minutes or till cooked through. Freezes well.