

PROVENÇAL EGGPLANT

Ingredients:

3 medium eggplant¹
2 tomatoes, diced
1 onion, minced
1 1/2 tsp. basil, minced
3 garlic cloves, minced
2 Tbsp. olive oil
1/2 tsp salt
1/4 tsp. pepper

Saute the onion in the olive oil. Salt and pepper to taste. Add the basil and garlic and continue cooking 2-3 more min. Add the tomato and continue cooking until the tomato liquid has evaporated. Peel the eggplant and cut into large slices. Place slices of eggplant in a microwavable dish and add 2 Tbsp. of water. Cover with plastic wrap and microwave on high for 7 min. Arrange the slices in an ovenproof dish. Spread the tomato mixture over the eggplant. Cook in a 325-degree oven for 35 min. Serves 6.

ACTIVITIES

1. Consult the text on page 70 and decide which time of year would be best to prepare this dish.
2. Search on-line other recipes «à la provençale». What are the characteristics of a dish «à la provençale»?
3. What other vegetables could be prepared this way?
4. Search on-line examples of texts in English which use the French word aubergine to describe a color. What color is it used to describe?
5. Look for examples of several fresh herbs (basil, dill, mint, bay leaf, chervil, chives, etc.). Try to distinguish between them by smell (see the activity on page 84).

Notes

¹ In general, the eggplant that is sold in the U.S., especially the large ones, are too ripe and, as a result, are bitter and full of seeds. If you cannot find really fresh eggplant, use Japanese eggplant which are smaller.