



SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe that Tony Mandarano submitted (provided by one of his daughters) which is easy to make and delicious.

We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious. This is one of Tony's favourite recipes.

STUFFED AUBERGINES (EGGPLANT)- Serves 4

Ingredients:

- 2 medium sized eggplant
- 400g minced meat (use only pork, or beef, or mix of both)
- 75g chopped onions
- 50g tomato paste
- 25g grated Parmesan cheese
- 2 eggs
- oil
- salt and freshly ground pepper



Method:

1. Wash and cut the eggplants lengthwise in half
2. Boil them for 6 minutes
3. Scoop the pulp from inside with a teaspoon, chop and put it in a bowl
4. Heat some oil in a frying pan and lightly brown the onions
5. Add the minced meat and chopped eggplant filling, cook for 10 minutes stirring frequently
6. Add tomato paste, salt and pepper, remove the pan from heat and leave mixture to cool
7. Pre-heat oven to 180C
8. Add the eggs and cheese and mix well
9. Stuff the eggplant shell with the mixture
10. Put the eggplant in a baking dish lined with baking paper and bake in the pre-heated oven for 35 to 40 minutes

Bon Appétit!

If you have a favourite recipe that you have actually made (or eaten) and would want to share with your mates, why don't you send it to us.