



Eggplant and Lamb

Serves 6

Serve with Fogdog Vineyards Pinot Noir

1 eggplant (about 9 x 5 inches), peeled and cut into 3/8" dice
2 cloves garlic, minced
1 large onion, peeled and finely chopped
4 Tbsp extra virgin olive oil plus more as needed if you are using ramekins
Salt as needed

8 oz ground lamb (if you can find it; you may use fresh lamb sausage with casing removed)
½ cup dry white wine
1 cup chicken stock
1 ½ tsp chopped fresh thyme leaves or 1 ½ tsp chopped fresh rosemary (½ tsp dried thyme if fresh thyme or fresh rosemary is not available)
Freshly ground pepper to taste
3 large fresh tomatoes – NOTE: if you are unable to find high quality tomatoes, you would be better off using ramekins
¼ cup chopped Italian parsley

Place diced eggplant into colander and toss with 1 tsp salt. Let eggplant drain for an hour to reduce bitterness.

Place 2 Tbsp olive oil in medium sized skillet over medium low heat. Add chopped onion and minced garlic and sauté slowly until translucent. Add ground lamb (or lamb sausage taken out of casing) and continue cooking until lamb has browned lightly. Pour in wine and stock and stir in thyme (or rosemary). Simmer slowly until lamb is tender and liquid has evaporated (about 30 minutes). Spoon lamb into sieve to drain off fat.

Dry eggplant with paper towels. Make sure eggplant is completely dry. Place 2 Tbsp olive oil in frying pan over medium heat. Add eggplant and sauté, stirring, until tender (5-7 minutes). Add lamb back to pan and stir until browned very lightly. Remove from heat and stir in chopped parsley. Add salt and/or pepper to taste. This stuffing may be prepared a day in advance and refrigerated. (Bring up to room temperature before final step.)

If using tomatoes, create shells by cutting each tomato in half (around the "equator") and then hollow out tomatoes, leaving just the outer shell of flesh. Salt tomato shells and turn upside down on racks to drain. If using ramekins, simply brush olive oil over the inside of 6 ramekins.

Preheat oven to 400 degrees.



JOSEPH PHELPS

V I N E Y A R D S

Divide eggplant/lamb mixture between tomato shells (or ramekins). Place stuffed tomatoes (or ramekins) on a baking sheet and place sheet in oven for 10 minutes just before serving.

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