Baked eggplant stuffed with couscous, baked with parmesan

Cuisine: **Czech**
Food category: **Vegetables**

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Company: **Retigo**

Program steps

Preheating: 195 °C

1	Hot air	0	%	Termination by time	00:15	hh:mm	180	°C	90	%		
2	Combination	30	%	Termination by time	00:07	hh:mm	140	°C	60	%		
3	Hot air	0	%	Termination by time	00:10	hh:mm	220	°C	80	%		

Ingredients - number of portions - 10

Name	Value	Unit
aubergine	5	pcs
olive oil	100	ml
salt	20	g
freshly ground black pepper, ground	2	g
Couscous	500	g
mixed peppers	150	g
fresh mushrooms like seps,button, shitake, etc.	150	g
vegetable broth	750	ml
thyme	5	g
parmesan cheese	100	g
gouda cheese	100	g

Nutrition and allergens

Allergens: 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	808.5 kJ
Carbohydrate	34.5 g
Fat	6.5 g
Protein	13.8 g
Water	0 g

Directions

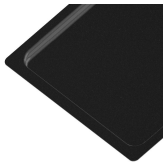
Wash the eggplant, cut it in half, lightly salt it, let it sweat. Then we dry, cut the pulp and again salt, pepper, rub with olive oil and place the pulp on a baking sheet.

Cut the red pepper and mushrooms into small cubes, sprinkle with salt, drizzle with olive oil, place in the convection oven together with the eggplant and bake for 15 minutes at 180°C (remove the pepper and mushrooms after approx. 7 minutes). Allow the eggplant to cool, separate the pulp from the skin. Blend the eggplant flesh coarsely.

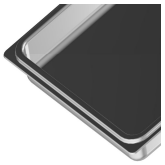
Mixture - put the couscous in a bowl, drizzle with olive oil, mix, cover with boiling vegetable stock, cover with cling film, let stand for about 5 minutes. Then add the eggplant pulp, roasted pepper, mushrooms, grated Gouda cheese 40%, fresh thyme, salt and pepper and mix everything thoroughly.

Stuff the mixture into the skin of the eggplant, sprinkle with grated Parmesan cheese, place on a baking sheet and bake in a convection oven until golden.

Recommended accessories



Vision Bake



GN container Stainless steel full

Enameled GN container