



EGGPLANTS IN TOMATO SAUCE WITH FETA

(Melitzanes Yiahi me Feta)

A rich and filling vegetarian dish.

2 medium eggplants, trimmed and cut into 1/4-inch rounds

Salt

Krinos Extra Virgin Olive Oil for frying

3-4 garlic cloves, peeled and minced

1 1/2 cups chopped peeled plum tomatoes

Freshly ground black pepper

1/2 cup chopped fresh parsley

1-2 tablespoons Krinos Red Wine Vinegar

1/2 pound Krinos Feta, crumbled

Layer the eggplant slices in a colander and salt each layer. Place a plate or other weight on top and let the eggplants drain for one hour. Rinse and pat dry.

Heat 2-3 tablespoons of olive oil at a time in a large skillet and place as many eggplant slices as will fit in the pan in one layer. Fry them lightly, over medium-high heat, turning to brown evenly. Remove and drain on paper towels. Continue until all the eggplants have been sautéed.

Add 1-2 more tablespoons olive oil to the skillet. Add the garlic and place the eggplants back in the skillet, in one overlapping layer. Add the tomatoes, season with salt and pepper. Reduce heat to low, cover the pan, and simmer the eggplants for about 20 minutes, or until fork tender.

Add the parsley and sprinkle in the vinegar. Sprinkle the crumbled feta over the eggplants, cover the skillet, and continue cooking another five minutes, until the feta is almost melted. Serve hot.

Yield: 4-6 servings