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Roll Out the Eggplant for This Delicious Dish

By Susie Iventosch



Eggplant is one of my all-time favorites, especially Eggplant Parmesan, but it can be a lot of work! This dish offers up a simpler recipe that can be served as an entree or an appetizer. The filling can be adjusted to use ricotta and mozzarella, or even just cream cheese, but if you're a fan of goat cheese it is especially delicious in this recipe. As a twist, you can insert a fresh basil leaf right on top of the filling before rolling for a tasty and aesthetically pleasing effect.

Eggplant Rollatini with Balsamic Syrup Photo
Susie Iventosch

Eggplant Rollatini with Balsamic Syrup

(Makes approximately 8 rolls, serves 2 for dinner or 4 for appetizers)

INGREDIENTS

- 1 large eggplant, sliced into 8 thin slices (the long way), leave skins on
- 3 tablespoons olive oil
- 8 ounces of goat cheese (or goat cheese/cream cheese mixture)
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup basil pesto
- 1/4 cup pine nuts, toasted
- 1-2 fresh tomatoes, coarsely chopped (or 1 cup cherry tomatoes)
- 1 cup balsamic vinegar, reduced over medium-high heat until thick and syrupy

DIRECTIONS

Cut off the very top and very bottom of the eggplant and slice lengthwise into 1/4-inch slices. Lay on a tray and salt on both sides. Allow to sit for 30 minutes to one hour. Meanwhile, mix goat cheese, sun-dried tomatoes and pesto in a small bowl.

When ready to assemble, take a paper towel and absorb any liquid that has sloughed off due to salt from both sides of the eggplant slices. Heat some of the olive oil in a large skillet over medium-high heat. Working in batches, place eggplant in pan, cooking until just pliable and beginning to turn golden brown. Flip to repeat on other side. Remove to cutting board.

Place about a tablespoon of the filling at the wide end of the eggplant and roll into a log, using a toothpick to secure if needed. I use the end pieces, too, and just roll them inside out, putting the skin on the inside.

Bake eggplant rollatini in 350-degree oven, until heated through and cheese filling is piping hot. Serve at once over or next to a bed of chopped tomatoes, and garnish with pine nuts. Drizzle balsamic syrup over all.

We served this with baguette slices (crostini) covered with mozzarella and broiled until bubbly and golden brown.

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