

SICILIAN VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Cauliflower, broken into florets	1½ lb.
Eggplants, medium	3 ea.
Artichokes, large	6 ea.
Olive oil	as needed
Garlic, finely minced	4-6 cloves
Parsley, chopped	½ cup
Cacciocavallo or pecorino cheese, grated	1 cup
Bread crumbs (oven dry or toasted)	1 cup
Black pepper, freshly ground	to taste

Method

1. *For the cauliflower:* Preheat the oven to 400°F.
2. Cook the cauliflower in boiling salted water until tender.
3. Drain and place in an oiled baking dish.
4. Combine garlic, half the parsley, half the breadcrumbs and half the cheese and sprinkle over the cauliflower.
5. Drizzle with ½ cup olive oil. Bake for 25 minutes.
6. For 2 one-pound cauliflowers you will probably use all of the ingredients.
7. *For the eggplants:* Preheat the broiler or make a charcoal fire or preheat the oven to 350°F.
8. Peel the eggplants and slice about 1/3 inch thick.
9. Sprinkle with salt and let drain in a colander for an hour.
10. Rinse and pat dry.
11. Fry eggplant slices in olive oil to soften and cook through, but don't brown.
12. Drain on towels. Warm a few tablespoons of oil in a sauté pan and cook the garlic for about 2 minutes.
13. Combine it with bread, cheese, and parsley.
14. Season with pepper. Spread the mixture on the eggplant slices.
15. Roll them up and then thread the eggplant rolls on wooden skewers.
16. Grill or broil until golden. You may serve these with tomato sauce. Or sauté the eggplant, stuff and roll and arrange in a gratin dish. Spoon tomato sauce over the top and bake until heated through and bubbly.
17. Sprinkle with additional chopped parsley. (see note)
18. *For the artichokes:* Combine all the ingredients for the stuffing mixture.
19. To stuff the artichokes, trim off the outer leaves, cut in half and scoop out the choke.
20. Stuff with the filling and place in a baking dish.
21. Drizzle with ¼ cup olive oil and a ½cup white wine, cover the dish with foil, and braise in 350°F oven (or in a heavy saucepan on the stove) for about 30 to 45 minutes, or until tender.

22. Check after 25 minutes and if the mixture seems dry, add additional liquid.

Note: This is the story of a savory mixture of breadcrumbs, garlic, grated cheese, and parsley used three ways, or how to get the most out of your labor. Sicilian style. You can use the mixture as a topping on cooked cauliflower and bake the cauliflower until it is meltingly tender and the topping is crusty and golden. You can spread the crumb mixture onto eggplant slices and roll them up and grill them or bake them with tomato sauce. Or you can stuff artichoke halves with the savory bread and cheese mixture and braise them in white wine or water. Incidentally this mixture makes a wonderful “sauce” for cooked pasta too.

Some versions of this dish add chopped salami or mortadella to the filling.

Recipe credit: Joyce Goldstein, as presented at the 2008 Flavor, Quality and American Menus retreat.
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