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Stokes Croft/Picton Street Montpelier

Picton Street & Stokes Croft Parmegiana

Serves 4

Ingredients

3 medium aubergines
cheese of your choice
 (e.g. 2 balls mozzarella)
parmesan
parma ham (or salami)
 vegetarians leave this out!
onion
800g fresh tomatoes or
 2 x 400g tins chopped tomatoes
olive oil
seasoning

Method

Fry the onions with the tomatoes for 20 minutes with a little salt and pepper. Whizz it up in a mixer.

Brush aubergine slices with olive oil and grill until tender.

Then in an ovenproof dish, place a layer of cheese (you can choose from a range of Italian cheeses at Licata, but mozzarella works well), followed by a layer of aubergine slices, followed by a layer of tomato mix, followed by a layer of parma ham. Repeat the sequence (cheese, aubergine, tomato, ham) three times. Top with grated parmesan.

Put the dish in the microwave for 10 minutes or in an oven preheated to 180°C/350°F/gas mark 4 for 20–30 minutes until heated through and the parmesan has browned.

Serve with fresh crusty bread.

Where you could buy the ingredients From many independent traders in the area including Licata, Herberts, and Radford Mill Farm Shop. Don't forget the many interesting ethnic convenience shops, too.