

Eggplant Involtni - Slow Cooker method

August 8th, 2021

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:45

"Involtni" (plural for Involtno) are small, bite-sized (usually) appetizers, with an outer layer and some sort of filling. Involtni could include Armadillo Eggs, mini-Pizza Rolls, or even bite-sized Twinkies. Eggplant Involtni makes a nice addition to a Beef Roast, Pork Roast, or Grilled Chicken. This recipe specifies canned whole tomatoes. Canned diced tomatoes usually contain preservatives that prevent the tomatoes from breaking down into a nice sauce. Canned whole tomatoes, on the other hand, will break down better when simmered and provide a smoother, thicker sauce. This recipe has been modified for the Slow Cooker.

Ingredients:

1 Large (1.5 pound) Italian Eggplant, roughly peeled

6 Tablespoons Vegetable Oil

Sea Salt

Sauce:

28 Ounces Whole Canned Tomatoes, blended

1 Ounce Baby Bella Mushrooms, sliced

1 Splash Fish Sauce

1 Tablespoon Capers, rinsed

2 Cloves (1 Teaspoon) Garlic, finely minced or 1/4 Teaspoon Garlic Powder

1 Teaspoon Red Pepper Flakes (optional)

Filling:

6 Ounces Ricotta

1.5 Ounces Pecorino Romano Cheese, grated

2 Slices of White Rustic Bread, pulsed in a food processor to achieve a rough crumb

1/4 Teaspoon Garlic Powder

1/2 Teaspoon Dried Oregano

4 Tablespoons Fresh Basil, chopped

1 Tablespoon Lemon Juice

Directions:

In the Slow Cooker, mix the Sauce ingredients.

Stir well to ensure it is fully integrated.

Cook on low for 6 hours.

Meanwhile, peel the Eggplant, then cut it lengthwise into 6 slices, each about 1/2 inch thick. Ensure that each slice is trimmed so that it will lay flat on either side.

Heat a large saucepan or grill to medium high heat.

Brush both sides of each Eggplant slice with Vegetable Oil and sprinkle with Salt.

Turn over each Eggplant slice. Brush with 1 Tablespoon Oil and sprinkle with 1/4 teaspoon Salt.

Place each slice in the heated saucepan and grill for about 3 minutes.

Flip each Eggplant slice and grill for another 2 minutes. Each Eggplant slice should be tender and lightly browned.

Remove from the Eggplant from the saucepan and let cool for about 5 minutes.

In a medium-sized bowl, add the Ricotta, Romano Cheese, Garlic Powder, Oregano, chopped Basil Leaves, and the Lemon Juice.

Tear the Bread slice into about 8 pieces, then drop the pieces into a blender or food processor. Pulse the Bread about 12 times, until it is ground into Bread Crumbs.

Mix the Bread Crumbs with the Ricotta Cheese Mix until fully integrated.

Place a scoop of the Ricotta mixture on the bottom third of each of the 12 Eggplant Slices, ensuring an equal distribution across the 12 Slices.

Gently roll-up each Eggplant Slice, with the Ricotta Filling inside.

Refrigerate in a covered container until the Sauce is finished cooking in the Slow Cooker.

After the Sauce mix has simmered in the Slow Cooker for 6 hours, remove a few scoops of the Sauce mixture and reserve for later.

Carefully place each Rolled Eggplant Involtino into the Slow Cooker, seam side down. Gently push each involtini down into the sauce.

Add the reserved Sauce back into the Slow cooker, ensuring that the Involtini are fully covered.

Cover the Slow Cooker and cook for another 2 hours.

Sprinkle with remaining 1/4 cup Pecorino and rest for 5 minutes.

Sprinkle with the remaining Basil and serve.