

Roasted Eggplant (Sous Vide)

March 28th, 2022

This recipe serves: 4

Prep Time: 00:15

Cook Time: 00:45

These Sous Vide Eggplants can be cooked ahead of time and then refrigerated (unopened) up to 1 week, or frozen up to 6 months. For the final preparation, just toss the bag back in the Sous Vide at a lower temperature (while preparing a meat dish) and heat for 30 minutes to 1 hour.

Ingredients:

Table Salt

1 Large Eggplant

4 Roma Tomatoes

Fresh Basil Leaves

2 Cloves Garlic, minced

3 Tablespoon Balsamic Vinegar

2 Tablespoon Olive Oil

Directions:

Slice the Eggplant into 1/4" Slices.

Generously spread Salt over the Eggplant. Rest for about 30 minutes to extract liquid from the Eggplant slices and reduce the bitterness.

Rinse the Salt and liquid from all the Eggplant slices. Dry each Slice with a clean tea towel or a paper towel.

Slice the Tomatoes into 1/4" thick slices.

Lay a Sous Vide plastic bag flat on the table. Cover the bottom of the bag with Basil Leaves.

Cover with a layer of Eggplant slices.

Cover the Eggplant slices with a layer of Tomato slices.

Cover the Tomato slices with another layer of Tomato slices.

Top the Eggplant slices with another layer of Basil Leaves.

Add the Balsamic Vinegar and Olive Oil.

Seal the bag.

Sous Vide at [del]185° F[undel] 190° F for 1 hour.