

Vegetable Rice Mould
(Budino di Riso con Verdure)

INGREDIENTS:

Servings: 8 people

Eggplants	2
Salt	to taste
Olive oil	for frying
Medium onions	3
Garlic cloves	2
Tomatoes	1 1/4 pounds
Sugar	2 tsp
Freshly ground pepper	to taste
Fresh parsley	small bunch
Fresh basil	small bunch
Risotto rice	10 oz
Chicken stock	2 quarts
Pecorino cheese	1 oz

TOOLS:

Chef's knife
Cutting board
Colander
Paper towel
Skillet
Spatula
Slotted spoon
Saucepan
Bowl
Heat proof round mould

PREPARATION:

Peel and slice the eggplant into 1/4 in slices. Sprinkle with salt, and leave to drain in the colander for 30 minutes.

Finely *dice the onion*. *Peel and chop the garlic cloves*. Chop the parsley and basil. Grate the cheese. Rinse the eggplant slices and dry well.

Heat the oil in the skillet, and fry the eggplant until golden brown. Dry on paper towels.

Blanch, peel, seed, and *dice the tomatoes*. In the same skillet, heat more oil, and sweat the onions and garlic for approximately 5 minutes. Add the tomatoes. Season with salt, pepper, and sugar, and cook over low heat for 30 minutes. Add the parsley and basil.

While the sauce is cooking, simmer the rice in the stock for 15-17 minutes until al dente. Strain.

Preheat the oven to 395_ F.

Line the dish with the eggplants. Pour over some of the rice, and then a little of the sauce. Fill the dish with alternate layers of rice and sauce, until all the ingredients have been used, finishing with a layer of sauce.

Sprinkle grated cheese over the sauce. Bake for 30 minutes. Remove from the oven, and allow to rest for 5 minutes before serving.