



## Warm up Autumn with Baked Aubergine and Parma Ham

*Parma Ham Shares a Perfect Autumnal Recipe*

The craving for a hearty, traditional dish is a common feeling when the days get shorter and winter is right around the corner. Warm up the final weekends of autumn with a classic Italian recipe for baked aubergine with Parma Ham. There's no better way to embrace a cozy night in than with a delicious and easy meal.

### **INGREDIENTS**

- 1 large aubergine, halved lengthwise
- 3 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 2 tomatoes, finely chopped
- 2 tbsp sun-dried tomato paste
- 4 slices Parma Ham, chopped
- 6 tbsp finely grated Parmigiano Reggiano
- Freshly ground black pepper
- 2 bunches of cherry tomatoes on the vine



### **METHOD**

1. To begin, preheat the oven to 190°C, fan oven to 170°C or gas mark 5.
2. To prepare the aubergine, start by scooping out the flesh from the halves with a sharp knife and a teaspoon, leaving the skin intact. Then, chop the flesh finely.
3. Heat the olive oil in a pan and gently fry the chopped aubergine with onion and garlic for about 5 minutes. Add the tomatoes and cook for a further 3 minutes. Remove from the heat and stir in the tomato paste, the Parma Ham and 4 tbsp of Parmigiano Reggiano cheese. Season to taste with black pepper.
4. Arrange the hollowed-out aubergine halves in a lightly greased baking dish, pack the mixture into them and sprinkle the remaining Parmigiano Reggiano cheese on top.
5. To finish, bake the aubergines for 20 to 25 minutes, adding the cherry tomato bunches after 15 minutes.
6. Serve at once, and enjoy.

## About Parma Ham

Parma Ham is a Protected Designation of Origin (PDO) product and is 100% natural. The drying process that Parma Ham goes through creates a ham that is very low in fat content, with many mineral salts, vitamins, antioxidants and easily digestible proteins. This means that Parma Ham is truly a food for everyone.

Prosciutto di Parma is produced in the hills surrounding the Italian town of Parma.

The unique taste of Parma Ham is dependent on the traditional production process passed down from Roman times, carefully controlled by the Consorzio del Prosciutto di Parma. Only hams that have passed stringent curing regulations approved by the EU can be awarded the stamp of the Ducal crown – a five pointed coronet logo with PARMA in the centre which is branded onto the ham's skin. The Ducal Crown is now a certification trademark.

For more information, please visit [www.prosciuttodiparma.com](http://www.prosciuttodiparma.com).

### Editor's Note:

If you would like to receive more information about Prosciutto di Parma, please contact Georgie Hackett at +44 (0)20 7389 9404 or email [g.hackett@brand-dialogue.co.uk](mailto:g.hackett@brand-dialogue.co.uk)

### CREDIT:

Consorzio del Prosciutto di Parma



### **PDO (Protected Designation of Origin)**

These products must be prepared, processed and produced within a specific region and have characteristics attributable to that area