



Chef Jay

Eggplant Bayou Teche

Ingredients:

4 medium eggplants
Salted water to cover

1 cup chopped onions
1 cup chopped green onions
4 to 6 cloves garlic, minced
1 cup chopped green pepper
½ cup chopped celery
2 bay leaves
1 tsp thyme
4 tsp salt
½ tsp black pepper
4 tbsp bacon grease

1 ½ pounds raw shrimp, peeled (if large shrimp, cut in ½" pieces)
1 stick butter
½ tsp Tabasco
1 tbsp Worcestershire sauce
5 slices bread, crumbled
2 eggs, beaten
¼ cup chopped parsley
1 pound crabmeat
4 tbsp lemon juice
8 tbsp grated Romano cheese

Preparation:

1 Wash eggplant, cut off stems, cut in half and boil in salted water about ten minutes or until tender. Scoop out insides and chop finely. Place shells in shallow baking dish.

2 In a Dutch oven, sauté onions, green onions, garlic, green pepper, celery, bay leaves, thyme, salt, and pepper in bacon grease 20 minutes. Add chopped eggplant, and cook, covered, stirring occasionally for 30 minutes.

3 In separate skillet, sauté shrimp in butter until they turn pink, about 1-2 minutes, then add to eggplant mixture. Mix Tabasco, Worcestershire sauce, bread and eggs together; add to eggplant mixture. Stir in parsley, crabmeat, lemon juice, and blend well. Remove bay leaves. Fill eggplant shells with mixture. Sprinkle each with 1 tablespoon Romano cheese and bake at 350 until hot and browned on top, about 30 to 40 minutes.

Recipe from Paul Prudhomme's Louisiana Kitchen. Modifications to recipe - Jay Strickler:

- a. Prudhomme calls for the eggplants to be peeled. On a second trial I did not peel them and, when finished, preferred the dish not peeled. I parboiled the unpeeled eggplants in well salted water for ten minutes before cutting them in half. Since the eggplants were not peeled, less of the breadcrumbs and the egg wash is needed.
- b. Prudhomme calls for the finely chopped vegetables to be strained from the stock/roux mix. I preferred to leave them in and felt that they added to both taste and appearance.
- c. I prepared two practice runs, the first using lump crabmeat, as called for, and the second using the much more economical artificial crabmeat. We felt that the artificial crabmeat was just as good, and possibly better for this dish.
- d. I used chicken stock (not bouillon) instead of fish stock and felt that it worked well.