

Ragù di pesce spada e melanzana

Ingredients:

- * 800 g pesce spada
- * 100 g cipolla bianca
- * 400 g melanzane
- * 50 g prezzemolo
- * 100 ml vino bianco
- * 200 g polpa di pomodoro
- * 200 ml brodo vegetale
- * 1 peperone rosso
- * 1 cucchiaino origano
- * 50 g capperi
- * 100 g olio di oliva
- * 3 foglie d'alloro

Steps:

1. Prepare the fish by removing its skin and cutting it into 1 cm-thick slices.
2. Cut the slices into bite-sized pieces.
3. Repeat the process with the eggplant, leaving the top if desired.
4. Finely chop the onion and garlic and combine them with the olive oil.
5. In a mixing bowl, combine the fish pieces and eggplant with the oil, onion, and capers.
6. Place the mixture into the BLACK.40 baking dish.
7. In a separate bowl, mix together the tomato pulp, vegetable broth, wine, chopped parsley, and sliced or
8. Pour the mixture into the baking dish over the fish mixture.
9. Add the bay leaves, salt, and pepper, and mix well.
10. Bake after performing ChefTop MIND.Maps smart preheating.