Гарни-ярах

(жареные баклажаны, начиненные жареной мясной начинкой, жареным луком и специями, покрытый помидорами, протомленный в печке)

Поделить баклажаны на две части, как лодочки,ложечкой или ножичком  выковырять из них сердцевину так, чтобы получилось не большое углубление и пожарить с двух сторон. В отдельную сковородку  налить растительное масло и мелко нарезанный лук не забыть посолить,после чего мелко нарезать сердцевины от баклажан и протушить вместе с луком, добавить мясной фарш (говяжий) и продолжать тушить, для аромата можно мелко нарезать болгарский перец, перемешать и  снять с огня, чтобы он не потерял своих вкусовых качеств. Проверить готовность и достаточно ли соли. Помните, лучше не досолить, чем пересолить. Снимите с огня, посыпьте смесью со специями. Разложите на противень, жареные баклажаны в виде лодочек. В каждое углубление положите начинку.Каждый баклажан, украсьте помидором, заранее разрезанным на кружечки толщиной 0,5 см. В зависимости от величины баклажана, положите на него один или два кружочка и поставьте в духовку на 10-15 минут,при температуре 180-200 гр Цельсия. Снимите, посыпьте свеженарезанной зеленью и подаете к столу. Замечательное сочетание.

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продолжение:

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