

# Eggplant and Country Ham Ragu

#cooking/recipe

#2019/November

---

## Eggplant and Country Ham Ragu

### Ingredients

8 tablespoons olive oil, divided  
1½ pounds globe eggplants (about 2 small), cut into ½-inch pieces  
Kosher salt, freshly ground pepper  
12 slices thin country ham or prosciutto (about 3 ounces)  
1 small onion, finely chopped  
2 garlic cloves, finely chopped  
1-2 canned chipotle chiles in adobo, finely chopped  
1 tablespoon unsweetened cocoa powder  
1 tablespoon tomato paste  
½ cup store-bought tomato sauce  
1 tablespoon fish sauce (such as nam pla or nuoc nam)  
12 ounces linguine or spaghetti  
2 tablespoons unsalted butter  
1½ ounces Parmesan, finely grated (about ½ cup)  
3 tablespoons finely chopped fresh parsley

### Process

Heat 3 Tbsp. oil in a large heavy pot over medium-high. Add half of eggplant, season with salt and pepper, and cook, stirring often, until browned and tender, 5-8 minutes. Transfer to a medium bowl. Repeat with 3 Tbsp. oil and remaining eggplant. Heat remaining 2 Tbsp. oil over medium in same skillet and add ham, onion, and garlic. Cook, stirring occasionally, until onion is softened and translucent, about 5 minutes.

Add chiles, cocoa powder, and tomato paste, stirring to coat. Cook, stirring frequently, until tomato paste has turned a dark brick red and cocoa powder smells toasty, about 3 minutes.

Add tomato sauce, reserved eggplant, and 1 cup water, scraping up any browned bits. Reduce heat to medium-low and cook, stirring occasionally, until sauce has thickened and flavors have melded, 25-30 minutes. Add fish sauce and season with salt and pepper.

Meanwhile, cook pasta in a large pot of boiling salted water until al dente. Drain, reserving 2 cups pasta cooking liquid.

Add pasta to pot with sauce along with butter and 1 cup pasta cooking liquid. Bring to a simmer and cook, tossing frequently, until a thick glossy sauce forms and coats pasta, adding more cooking liquid as needed. Divide among bowls and top with Parmesan and parsley.

**Do Ahead:**

Ragù can be made 3 days ahead. Let cool; cover and chill.

**Nutrition****Servings:**

Calories:

Fat:

Carbs:

Protein: