



Food For Thought Recipe and Allergen Card

Aubergine Gratin

100 Portions

Ingredient	Hannah Product Code	Quantity
Aubergine		5k
Tomato Sauce (FFT Recipe)		
Potato – Peeled and Diced		3k
Onions – Diced		1k
Garlic – Diced		3 Cloves
Bechamel Sauce (FFT Recipe)		
Salt	D001161	To taste
Pepper		To taste
Olive Oil	D001010	For Frying
Cheddar Cheese	C000485	200g
Mixed Herbs	D001161	1 tbsp

RECIPE METHOD – **ALLERGENS**

1. Prepare both the Bechamel sauce and Tomato sauce as per the FFT recipe
2. In a pan, heat some olive oil for frying
3. Add the onions, garlic and diced potato and fry for 5 minutes
4. Add the tomato sauce and simmer for 25 minutes or until the potato is just tender
5. Prepare the aubergines by removing the top and bottoms, then lay the aubergine on its side and slice along it to make large, thin, flat slices
6. Season the aubergine lightly with salt and pepper
7. In a baking dish (similarly to a lasagne) add one layer of sliced aubergine, some of the tomato sauce, then aubergine then béchamel and continue until the dish is full, finishing with aubergine and béchamel sauce
8. Top with cheese
9. Sprinkle lightly with mixed herbs
10. Bake in the oven at 180 °C for 25 minutes or until the aubergine is cooked through and bubbling

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...