

**Name: Dott.ssa Silvana Capasso**

**Specialty: Pediatrics**

**Country: Italy**



Name of dish	<b>Parmesan eggplant</b>	
Ingredients	<b>Ingredients</b>	<b>Quantity (for 4 persons)</b>
	Long purple eggplants	1,5 k g
	Peanut oil for frying	½ liter
	day old mozzarella cheese	300/400 gr
	San Marzano peeled tomatoes	800 gr
	Extra virgin olive oil	1-2 tablespoons
	Grated Parmesan cheese	100 gr
	Fresh basil leaves	5-6
Garlic	1 clove	
Coarse salt	2 tablespoons	
Directions	Cut off the stalks and then cut the eggplants lengthwise into slices about 0.5 cm thick. Put them in layers in a colander, sprinkle with coarse salt, cover them with a plate and place a weight on them. Leave at rest for an hour: they will exude a bitter liquid. Rinse under cool running water and dry with a cloth or paper towel. Fry in abundant peanut oil a few slices at a time until they are golden brown, putting them on blotting paper. Aside make the tomato sauce: put two tablespoons of extra virgin olive oil in a saucepan with a garlic clove, which just must blond and be removed. Pour the tomato sauce into a pan, not adding salt . Cook at a medium flame for about 10 minutes. Grate the parmesan cheese and cut the mozzarella into small slices , leaving to dry.	

<p>Other relevant informations</p>	<p>Due to the intuition of Ancel Keys, who came to Naples in 1952 for a FAO convention and learned from Gino Bergami, a Neapolitan physiologist, that in our territories the cardiovascular diseases, affecting young United States citizens, were virtually unknown, the Mediterranean Diet became popular worldwide. Confirmed by numerous epidemiological scientific researches, Mediterranean Diet had given an important turn to the way of feeding entire populations of the western world. Ancel Keys lived forty years with his wife and collaborator in Pioppa, Cilento (Campania) following nutrition and the lifestyle of local farmers and fishermen. He preferred legumes, tomatoes, fresh greens, sardines and anchovies, also flavoured with extra virgin olive oil, eating no more than 2 kilos of meat per year. He died in 2004, two months before his 101<sup>st</sup> birthday and his wife in 2006 at the age of 97.</p>	