



## SMOKY STEWED EGGPLANT WITH PROSCIUTTO HAM

This versatile recipe is a great way to experiment with eggplant. At Highview Food & Drink, they serve it with hand-rolled garganelli pasta and crispy fried garlic.

### INGREDIENTS

2 eggplants, cut in to ½-inch pieces  
Salt, pepper  
12 thin slices prosciutto, cut into strips  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
1 chipotle chili pepper, finely chopped  
1 tbsp unsweetened cocoa powder  
1 tbsp tomato paste  
½ cup prepared tomato sauce  
1 tbsp fish sauce  
3 tbsp chopped fresh parsley

### Directions:

Heat 3 tbsp oil in large heavy pot over medium-high. Add half of the eggplant, season, and cook, stirring often, until browned and tender (five to eight 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 prosciutto, onion and garlic. Cook, stirring occasionally until onion is soft and translucent (five minutes).

Add chilies, cocoa powder, and tomato paste, stirring to coat. Cook, stirring frequently, until tomato paste has turned a dark red and cocoa powder smells toasted (three minutes).

Add tomato sauce, reserved eggplant and one cup of water, scraping up any browned bits. Reduce heat to medium-low and cook, stirring occasionally, until sauce has thickened and flavours develop (30 minutes). Add fish sauce, parsley, and season with salt and pepper. ■

**GBB:** What is your favourite kitchen tool?

**NB:** A vintage truffle slicer that belongs to my husband, Eugene. I rarely have had fresh truffles to slice with it, but slicing anything from garlic to chocolate on it is so satisfying.

**GBB:** What is your favourite thing to cook?

**NB:** I truly enjoy making a Christmas dinner with my family. For us, it's a day centred around our home kitchen.

**GBB:** What are your tips for home cooks?

**NB:** Complete all your prep work before you start cooking. Keep your workspace neat, and clean as you go. The meal will be much more enjoyable if you don't have a mountain of pots and pans to tackle at the end of it. Also, a recipe is just a guide, so don't be afraid to adapt it to your own taste.

*Noelle chose to share this recipe with us because it can be spread on a toasted baguette as a party-friendly crostini, made for supper as a comforting cold-weather stew or served over buttery mashed potatoes or rice.*

## In the kitchen with

Noelle Barone, Owner/Chef at Highview Food & Drink, in Southampton

Noelle became a Chef because she got hooked on the high-energy and pace of the restaurant business.

"I love the team atmosphere of the kitchen – it's like playing sports or being in a band," Noelle said. "In a restaurant, you truly never know who or what is walking through your door, and no work shift is ever predictable."

Creatively, she is always challenged by the seasons. Developing a menu item because of a glut of zucchini or kohlrabi in the garden is a pleasure. "My day is never boring and that suits me fine!"

Noelle feels fortunate to be able to have her dream job on her own terms, and she and spouse (and business partner and co-worker) Eugene make a solid team.

"We're pretty lucky to be able to realize our career goals together."

## Five minutes with the Chef

### Grey-Bruce Boomers (GBB):

What would your last meal be?

**Noelle Barone (NB):** Sashimi of Fugu, the potentially deadly poisonous fish, prepared by the expert chef Fumie Yamada at his Michelin-starred restaurant, Usuki Fugu, in Tokyo.

**GBB:** What three ingredients can you not live without?

**NB:** Eggs, Kosher salt, and fresh garlic.

## To Drink?

Ontario's Pearl  
Morissette  
Cuvee Little  
Rock (2013), a  
Cabernet Franc.

