

## SHOW 304

**LASAGNE CON MELANZANE ALLA THERESA TURCI**  
**EGGPLANT LASAGNE THERESA TURCI**
**SALSA DI POMODORO**
**TOMATO SAUCE**
**BALSAMELLA**
**BASIC WHITE SAUCE**
**FRAGOLE ALLA MARSALA**
**STRAWBERRIES WITH MARSALA**

Over the years I have presented several recipes I acquired many years ago from Madonna Theresa Turci who operated the finest Italian restaurant I have ever experienced—Pasta alla Teresa Turci (vol. I, page 252), Lasagne al Forno (vol. I, page 252), Vetello de Parmigina (this volume, page 9). Madonna closed her restaurant on Fridays because in those days meat was not eaten in Catholic New Orleans on this weekly day of fasting. However, I was privileged to be invited to the house on those days where she would prepare meatless meals superior to the items on the restaurant menu. One such Friday meal was Eggplant Lasagne. Lasagne noodles were layered with tender fried slices of eggplant and two sauces. The white or Balsamella sauce was smooth and creamy and was a counterpoint to a fresh tomato sauce spiced with onions, capers, and Italian seasonings. Ever so thin layers of these sauces separated the layers of lasagne noodles and the fried eggplant. There would be six or seven layers of pasta with enough sauce to keep the whole moist and flavorful, and the lasagne when cooked could be cut and hold its shape. Additional sauce and parmesan cheese were served along side. What wonderful memories.

Fresh fruit is a common dessert in Italian households, and they have some of the best available. We accompany our spicy lasagne with a refreshing bowl of fresh strawberries macerated in sugar and marsala wine.

**SALSA DI POMODORO**

2 cups Onions, chopped  
 1 cup Carrots, chopped  
 1 cup Celery, chopped  
 4 cups Tomatoes, peeled, seeded, and chopped  
 2 tsp Capers  
 Salt and pepper  
 ½ tsp Italian seasoning, a blend of oregano, rosemary, savory, thyme, marjoram, sage and basil

**TOMATO SAUCE**

- Saute onions, carrots, and celery in olive oil until soft.
- Add tomatoes, capers, salt, pepper, and Italian seasonings.
- Simmer about 5 minutes.
- Pass mixture through a food mill or processor.

**LASAGNE CON MELANZANE ALLA THERESA TURCI**
**EGGPLANT LASAGNE THERESA TURCI**

5 lbs Eggplant (small)  
 ½ cup Oil  
 1 lb Lasagne noodles, boiled, drained and refreshed in cold water  
 1 recipe Tomato sauce  
 1 recipe Balsamella sauce  
 Parmesan cheese

- Cut unpeeled eggplant into round slices about ¼ inch thick.
- Sprinkle with salt and allow to drain about 20 minutes.
  - Rinse off salt and dry slices on paper towels.
  - Fry eggplant slices in oil until lightly browned.
  - Drain once again on paper towels.
  - Oil a rectangular baking dish.
  - Make a layer of lasagne over the bottom and up the sides of the dish.
  - Spread with a thin layer of tomato sauce.
  - Make a layer of the eggplant slices.
  - Cover with a thin layer of balsamella.
  - Repeat layering—lasagne, tomato sauce, eggplant, and balsamella until dish is full, ending with balsamella.
  - Sprinkle with parmesan cheese.
  - Bake at 350 degrees about 25 minutes.
  - Allow to rest about 10 to 12 minutes.
  - Cut into eight portions.
  - Remove with wide spatula.
  - Serve with remaining tomato sauce and parmesan cheese on the side.

**BALSAMELLA**

6 tbs Butter  
 6 tbs Flour  
 3 cups Milk  
 ½ tsp Salt  
 ¼ tsp Black pepper

**BASIC WHITE SAUCE**

- Melt butter in a saucepan.
- Stir in flour and cook about 1 minute.
- Add milk.
- Stir with a whisk until mixture comes to a boil and thickens.
- Add salt and pepper.

**FRAGOLE ALLA MARSALA**

6 cups Strawberries, hulled and sliced  
 3 tbs Sugar  
 ¾ cup Marsala wine (sweet)

**STRAWBERRIES WITH MARSALA**

- Sprinkle strawberries with sugar.
- Pour marsala over berries.
- Mix well.
- Chill.
- Serve plain or over vanilla ice cream.

