

Soup with eggplants and zucchini - “Ghiotta”

It’s “vendemmia” time! The farmers get up early in the morning and go to the vineyards to harvest the grapes. The women stay at home or in a small house near the vineyards and prepare the “Ghiotta”, a soup with potatoes, eggplant and “long cucuzza” a type of zucchini.

This simple but tasty soup is a tradition during harvesting time, and in the old days, the owners of the vineyards used to whisper to each worker “If you work hard, I’ll make sure that you get an egg in your Ghiotta”. Of course all workers would get the egg regardless of the performance.

Cooking tips: When breaking the egg in the Ghiotta, do it very carefully, do not stir, but use a spoon or a small ladle to cover the egg with the boiling soup in order to cook it without breaking it.

Cooking time: Preparation 10 minutes
Cooking 30 minutes

Difficulty: very easy **Serves:** 4

Ingredients:

4 tablespoons Nonna Angelina’s Extra Virgin Olive Oil (EVOO)
1 Onion sliced
1 big Potatoes diced
2-3 red Tomatoes peeled and cut in cubes.
1 Eggplant peeled and diced
½ Long Zucchini (cucuzza longa) or 1 Zucchini peeled and diced
2-3 leafs basil
1 teaspoon Sea Salt
4 cups water
4 eggs



Directions: Place the potatoes, onion, tomatoes, zucchini, sea salt and water in a casserole. Bring to boil, lower the heat and let it simmer for 15 minutes. Break the eggs in the casserole distant from each other, without stirring. When it boils again, with a spoon or a small ladle take the soup and pour it over the eggs gently in order to let the eggs cook slowly without breaking them. Break the basil leafs with your hands in small pieces.

When the eggs are ready (they will be all white) with a big ladle serve one egg and some soup each, pour one tablespoon of EVOO on each plate and serve warm.

The wine that the workers drunk with it is the strong Sicilian wine, Operetta is optimal.

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Buon appetito!

