

**MAKE IT OR BAKE IT****BY SHARMIN RAHMAN**Group Creative Director,
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Throw away all your prior notions of vegetables being dietary and guilt-free. Because, your humble everyday vegetables can be turned into ultimate guilty pleasures, giving meat a run for its money!

You are surely to be in search for a good alternative of proteins for your guests, friends and family; most importantly for your tummy after the heavy duty it has undertaken in this recent festive season. Some of the scrumptious baking recipes given here will not only bring variation to your dinner spread but also work great as a side of your protein, a holiday brunch or an evening snack. Turn on your oven and bake some vegetables now - you will be delightfully surprised.

VEGETABLE LASAGNA**Ingredients**

3 capsicums (best if each is of different colour)
2 eggplants, large, round
2 zucchinis
8 tbsp olive oil
½ can tomato paste/puree, about 1 cup
1 can button mushroom, cut into slices
White sauce, about 2 and a half cup
Full cream milk, butter, flour, onion, garlic, nutmeg, white pepper for white sauce
250grams or half a block mozzarella or cheddar
Handful of cherry tomatoes, halved
Lasagna sheets, penne or any other pasta of your choice

Method

Heat oven to 200C/fan 180C/gas 6. Deseed the peppers, halve, then cut into large chunks.

Trim ends off eggplants and zucchinis, cut into slices about ½cm thick. Lightly grease 2 large baking trays, place peppers, zucchinis and eggplants on top. Toss with the olive oil, season well, roast for 25 minutes until lightly browned.

Reduce oven to 180C/fan 160C/gas 4. Lightly oil an ovenproof serving dish (30 x 20cm). Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with a layer of lasagna, then drizzle over a quarter of the white sauce*. Repeat until you have 3 layers of pasta.

Veggies: Vivacious and Vibrant



To finish, spoon remaining white sauce over the pasta, making sure the whole surface is covered. Scatter mozzarella over the top with the tomatoes. Bake for 45 minutes until bubbling and golden.

*white sauce:

Heat milk on the stove with one whole

onion and garlic in it.

Heat a deep-bottom pan. Break butter into chunks and leave them in the pan until it melts. Pour flour and stir well with a wooden spatula for a few minutes. Pour in milk, keep stirring until the mixture sticks to your spatula. Mix one tsp. nutmeg shavings,

one tbsp. white pepper powder and salt to taste.

SPINACH-**MUSHROOMFRITTATA****Ingredients**

2 tbsp olive oil
12-15 mushrooms, sliced
2 bunches of fresh spinach
4-3 large onions
4 eggs
½ cup grated cheddar
2 tbsp parmesan
black pepper
sea salt

Method

Beat eggs thoroughly and keep aside. Heat the grill to its highest setting. Heat the oil in an ovenproof frying pan over a medium-high heat. Tip in the onions and caramelize on low heat. When the onion is transparent, throw in the mushrooms and fry for 2 more minutes until the mushroom is mostly softened. Stir in spinach and cook for 1 more minute or until the spinach has wilted. Season well with black pepper and salt.

Reduce the heat and pour over the eggs. Cook undisturbed for 3 minutes until the eggs are mostly set. Sprinkle over the cheese and put under into the oven for 10 minutes at lowest heat. Serve hot or cold.

CHEESY-CREAMY EGGPLANT**Ingredients**

Olive oil, for baking sheets
2 large eggs
¾ cup breadcrumbs
¾ cup finely grated cheddar
2 tbsp parmesan for topping
½ cups shredded mozzarella
½ cup cubed Dhaka Ponir
1 tsp dried oregano
½ tsp dried basil
Coarse salt and ground pepper
2 large eggplants, peeled and sliced into

