Easy Sicilian Pasta alla Norma

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Pasta alla Norma also called pasta con le melanzane pasta with eggplant in English is a classic Sicilian pasta dish. It is an easy recipe that uses few ingredients and comes together in less than an hour.

It is made of pasta with tomato sauce fried eggplant and served with grated ricotta sala da grated cheese and basil.

This traditional Italian pasta is a satisfying vegetarian dinner, and it can be ready in under an hour.

Things to know about this Easy Sicilian pasta all Norma recipe

The first thing is to choose dense, heavy eggplants and slowly frying them until caramelized results in a tender, meaty eggplant texture.

Second if aged ricotta salata is unavailable, a combination of different cheeses can replicate it’s salty, sharp taste. You could use Pecorino Romano or feta.

If you make this recipe, be sure to leave me a comment. Above all, I love to hear how the recipe turns out in your kitchen.

Ingredients

- 1/2 Lb. rigatoni
- 1 medium eggplant
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups crushed tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 1/2 cup grated ricotta salada or parmesan
- a few basil leaves
- 3 cups olive oil canola blend for frying

Instructions

1. Start by washing and drying the eggplant cut into medium size
2. Bring the frying oil to medium high heat. fry the eggplant until golden brown. remove and drain on paper towels.
3. Meanwhile cook the pasta el dente and start on the sauce
4. In a saute pan add the 4 Tbsp. of olive oil. Then over medium high heat add the onion and garlic and saute until soft and just beginning to brown.
5. Add the tomatoes, pasta water and red wine. simmer until sauce thickens about 20 minutes. Add the fried eggplant and simmer 10 minutes longer. Toss the pasta in the eggplant sauce add the basil.
6. Plate grate the cheese over the top. ENJOY!!!!