

G R E A T C H E F S O F B O S T O N

Icarus' Baked Eggplant Parmesan



Chef de cuisine Bill Flumerfelt

By Clint Hamblin

In 1999 chef Chris Douglas purchased Icarus, a South End restaurant where he had started as a cook 21 years before. Icarus, now located at 3 Appleton Street, is celebrating its 30th anniversary, and it's no wonder. Douglas has created an exceptional menu paired with quality service, all wrapped up in a comfortable and sophisticated setting.

Grilled Steak Salad with Sesame Peanut Noodles started us off. The steak was tender and the Asian-style sesame peanut noodles were filled with that wonderful robust peanut taste.

The Farm Field Salad with Orange and Sherry Vinaigrette was refreshing as it

cleansed the palate before sampling the Grilled Flatbread, Cucumber Tomato Salad, Mint and Yogurt.

Next on the menu was the Crisp Polenta, Westfield Farms Goat Cheese and Marinated Pepper Salad, a colorful and delicious dish. Topping off our vegetable intake for the day, the Summer Vegetable Soup au Pistou hit the table and definitely hit the spot.

Reminiscent of a Portuguese dish called Bacalhau or Cod Fish Salad, the House Cured Cod, Piquillo Peppers, Cherry Tomatoes and Parsley is a light and delicious seafood dish most worthy of your attention.

Getting more serious, we moved on to the Slow Roasted Chili Glazed Pork

*Baked Eggplant Parmesan with Grilled Summer Squashes and Basil*

Shoulder with Corn and Watermelon. The pork was tender and zesty and partnered well with the sweet corn and cold watermelon.

The Confit of Duck with Cherries, Mustard and Greens was rich and delicious. The succulent duck and the sweet cherries made this dish a real standout.

How about a Wellfleet Littleneck Clam Roast, served with Spaghetti, Fennel, Leeks, Tomato and Saffron? The small clams were barely, but perfectly cooked and rested upon a nest of very delicious pasta.

Pan Roasted Chicken Breast, Provencal Vegetables, Rosegold Potatoes and Basil followed. The chicken breast was moist and tender, the vegetables were just cooked and the potatoes and fresh basil made this dish hard to beat.

Dessert included a rich Gateau Chocolat, a very light Lemon Buttermilk Panna Cotta and a fruity Peach Cobbler.

The Eggplant Parmesan with Grilled Summer Squashes and Basil was strikingly colorful. The rich red sauce surrounded two rolled eggplant slices stuffed with angel hair pasta. Icarus Chef de Cuisine, Bill Flumerfelt said, "It's really just a twist on the standard Eggplant Parmesan, but it is very popular."

The Baked Eggplant Parmesan dish is really easy to make and your guests will be delighted when they find the pasta stuffed inside the eggplant.

Baked Eggplant Parmesan with Grilled Summer Squashes and Basil

Ingredients

Tomato Sauce
1 cup diced onions
Chopped garlic (to taste)
1 can whole tomatoes
Olive oil
Crushed red pepper
Fresh basil
Salt and pepper
Angel hair pasta
Basil
Eggplant

Preparation

Sauté diced onions, chopped garlic, tomatoes, crushed red pepper, basil, salt and pepper in olive oil and let simmer for three hours. Purée sauce, strain and set aside.

Blanch pasta in salted boiling water for thirty seconds and then finish cooking in hot tomato sauce.

Partially peel (stripe) eggplant and slice lengthwise 1/4 inch thick. Lay flat, salt and let drain for 15 minutes. Brush eggplant with olive oil, salt and pepper and grill for two minutes on each side.

Blanch basil in salted boiling water for ten seconds. Then shock in ice water. Drain and purée with garlic, olive oil, salt and pepper.

Roll pasta in eggplant slices and lay in a tomato sauce covered baking tray. Cover with parmesan and mozzarella cheeses and bake at 350 degrees until cheese is golden brown.

Cover plate with hot tomato sauce, stack eggplant rolls, garnish with grilled summer squash, toasted pine nuts and basil purée.

*888 Icarus Cream Soda***Wine Pairing**

Chef Flumerfelt recommends a Chianti Classico, "Cetamura," Coltibuono, Italy.

Signature Drink

Remember cream soda? If you liked that wonderful taste as a kid, you'll love the adult taste of the 888 Icarus Cream Soda drink.

888 Icarus Cream Soda

1 1/2 ounces 888 Vanilla Vodka
1 1/2 ounces Captain Morgan Spiced Rum
Ginger Ale

Mix the vodka and rum over ice. Add the ginger ale and serve in a high ball glass.

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