



# Pasta Alla Norma

(/recipes/9812-pasta-alla-norma)

By Regina Schrambling | Time: 1 hour 15 minutes | Yield: Four to six servings

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## Ingredients

2 pounds of Italian eggplants (see note)

Kosher salt

¼ cup olive oil

2 large cloves garlic, peeled but not chopped

Salt and freshly ground black pepper

1 pound dried rigatoni, preferably imported Italian

15 large sprigs Italian parsley, chopped

### Nutritional Information

#### Nutritional analysis per serving (4 servings)

603 calories; 15 grams fat; 2 grams saturated fat; 10 grams monounsaturated fat; 2 grams polyunsaturated fat; 99 grams carbohydrates; 10 grams dietary fiber; 11 grams sugars; 17 grams protein; 711 milligrams sodium

**Note:** Nutrient information is not available for all ingredients. Amount is based on available data.

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Featured in: **Food: Pure And Simple** (<http://www.nytimes.com/1989/03/19/magazine/food-pure-and-simple.html>).

Adapted from "Bugialli on Pasta"

## Preparation

1. Peel the eggplants and slice them crosswise into disks less than one-half-inch thick. Layer the slices in a bowl, sprinkling coarse kosher salt over each layer. Place a plate over the slices and place a weight on top. Let sit for 30 minutes.
2. Rinse the eggplant slices well and pat them dry with paper towels. Heat the oil in a large skillet over medium heat. Add the garlic cloves and saute for two minutes. Add the eggplant and saute for 15 minutes, turning once or twice. Season with salt and pepper to taste, then pour in one-half cup of cold water. Cover and cook 20 minutes, stirring occasionally.
3. Meanwhile, bring a large pot of water to a full boil. Add coarse salt to taste, then add pasta. Cook until al dente, about 9 to 12 minutes.
4. Remove the garlic from the eggplant and discard. Drain the pasta well, place it in a shallow serving bowl and pour the eggplant sauce over. Toss well. Sprinkle with parsley and serve with additional ground black pepper.

Italian eggplants are smaller than traditional eggplants.