**vegetable stuffed eggplant**

8 small plump eggplants

2 onions

4 cloves of garlic

½ cup olive oil

2 tomatoes

2 teaspoons salt

½ tbsp sugar

parsley

¼ cup olive oil for frying

Cut eggplant stems, peel from top to bottom in one cm strips, leaving one cm unpeeled surface in between. Leave peeled eggplants in salt and sugar speckled cold water for half an hour, squeeze and place on paper napkin. Pour ¼ cup olive oil and ¼ cup hot water in pan, place eggplants, cover lid and lightly fry both sides. Remove from frying pan over paper napkin. Place fried eggplants on saucepan, open and smash middle section with wooden laddle to boat form, sprinkle salt and sugar.

Stir fry sliced onions and garlic in frying pan, add chopped tomatoes, parsley, salt and sugar, stuff eggplants evenly, add olive oil and boiling water to halfway level, cover lid and cook over medium heat for about half an hour until vegetables are thoroughly cooked.