

If you want to freeze the Sicilian eggplant to use later on:

Bring a large pot of water to boil. Blanch the **eggplant shells** for 4 minutes after the water comes back to a boil. Rotate them carefully as they are fragile. Remove them with a large strainer or a slotted spoon. Rinse them in cold water to halt the cooking process. Drain all the water off, drying them with a paper towel.

Blanch the chopped **eggplant flesh** for 4 minutes. Strain them well pressing slightly.

The eggplant shells and flesh can be frozen at this stage.