

INGREDIENTS

5-6 Eggplants sliced into
1/4 inch planks
1 1/2 cups flour
4 Eggs
2 Cups Breadcrumbs
1 Ball, Mozzarella
1/2 Cup Parmigiano
Fresh Basil
4 Cups favorite pasta sauce
Salt to taste

INSTRUCTIONS

To prep, lightly salt the eggplant slices
place something on top
to weigh it all down and let that drain
for 30-40 minutes.

Then bread, the order of dredging,
is flour first, then egg, then breadcrumbs

In a pan with about a 1/4 inch of oil
heated over medium, fry the eggplant
until they are browned and crispy on
both sides season with salt then let drain

Slice up some fresh mozzarella and
prepare to assemble for baking

Preheat the oven to 450

In a baking dish, coat the bottom with
sauce and some fresh basil, line the
bottom with eggplant, add some
mozzarella slices, some
Parmigiano cheese, Repeat the process

Then bake in the oven for 30-40 min.
You want it to be bubbling but to also
develop brown caramelized bits on top
of the cheese. Let that cool for 15
minutes before slicing

Once cooled, slice into squares, lay on a
bed of sauce and finish with more
Parmigiano and basil

Serve and enjoy!



Eggplant Parmigiana



4 servings



120 minutes

In This Case, the Egg Was Before the Chicken!

Notes:

You could also grill, instead of breading the eggplant, if you prefer?