

Eggplant Parmigiana Recipe

Serves: 6 | **Prep Time:** 60 Min | **Cook Time:** 30 Min | **Difficulty:** Medium



INGREDIENTS

- 2.5 lb. (1 kg) of Eggplant
- Vegetable Oil for frying
- 8 ounces (225 grams) of All-Purpose Flour spread on a plate
- 24.5 ounces (700 grams) of tomato sauce
- 1 lb. (400 grams) of “Pizza” Mozzarella Cheese
- 20 fresh Basil leaves (washed)
- 8 ounces (225 grams) of freshly grated Parmigiano-Reggiano Cheese
- Salt and Pepper to taste

DIRECTIONS

Preparing (*Purging*) The Eggplant

1. Cut off the top and bottom of the eggplant, but leave on the skin to maintain the structure.
2. Cut crosswise into slices about 3/8 inch (20 mm) thick.
3. Line the slices against the inside of a colander and sprinkle with salt. Continue to add salt and eggplant layers to the colander until all the eggplant is used.
4. Place a heavy pot on top of the eggplant layers and let the eggplant purge its water for 30 minutes or more. A puddle of water will collect under the colander.
5. Before frying, dry each slice with paper towels.

Cooking Instructions

1. Put the tomato sauce, olive oil, ½ the basil, salt and pepper in a pan, turn the heat on to medium high and cook the sauce for about 30 minutes.
2. In a large frying pan, add enough oil to cover the slices of eggplant and bring the oil up to a temperature of 350°F (175° C).
3. Dredge each eggplant slice in flour, coating them on both sides and add to the hot oil. Cook until each slice is lightly (or darkly) browned on both sides. Only a few slices at a time, enough not to overlap in the pan.
4. Preheat the oven to 400° F (200° C).
5. Dice the mozzarella into small cubes and tear each remaining basil leaf into two or more pieces.
6. Cover the bottom of a smaller baking dish with the tomato sauce.
7. Put in enough fried eggplant slices in the baking dish in a single layer, spread some of the tomato sauce over them, add a layer of mozzarella cubes, sprinkle liberally with grated Parmigiano-Reggiano cheese, distribute a few pieces of basil over it, and top with another layer of fried eggplant.
8. Repeat the previous step until the ingredients are all used, ending with a layer of eggplant on top.
9. Cover with the remaining Parmigiano-Reggiano Cheese and place the dish in the middle of the oven.
10. Cook for around 30 minutes once it is nicely browned, take it out and let settle for several minutes (up to 30) before bringing it to the table.