



Eggplant Parmesan

Serves

Serves 6

Ingredients

2-medium Italian eggplants-skin removed-cut into thin even rounds

2-cups of Italian breadcrumbs

4-eggs-beaten

2-cups flour

1- 16oz jar of tomato sauce (or 2 cups fresh)

1-cup extra virgin olive oil

1-cup fresh grated Parmesan cheese

1-cup shredded Mozzarella cheese.

A few leaves of fresh Basil

Sea Salt-Ground Black Pepper

1-9" x 15" baking dish (1 extra if needed)

Preparation Instructions

Heat oven to 350 degrees. In two saute pans, (cast iron the best) pour in the olive oil to cover the bottom of the pan. In three medium bowls big enough for each eggplant slice, place beaten eggs, Italian bread crumbs, and flour. Start by dredging each round of eggplant covering both sides, with flour, then egg, then breadcrumbs. Place each round in the saute pans, about 4 in each and brown both sides on low-to medium heat. In a 9" x 15" glass casserole dish, cover the bottom with some tomato sauce then place each round in to cover the first layer. Repeat the above until all the eggplant is browned and there are at least 6 stacks of eggplant rounds about 3 or 4 in each round. Pour over the tomato sauce, add some fresh grated parmesan cheese and cover all with some shaved mozzarella cheese. Add some fresh basil on the top of each round and cover with foil and bake for at least one hour. Take out of the oven and let stand for a few minutes until set. Serve with fresh garlic bread and sing!