



Eggplant Parmesan



Ingredients for the Eggplant:

- 2 small eggplants about 1 ½ lbs. total
- 1 teaspoon salt

Flour:

- ½ cup all-purpose flour
- ½ teaspoon onion powder
- 1 tsp paprika

Eggs:

- 3 large eggs whisked well
- 1 teaspoon Dijon mustard
- 1 tablespoon heavy cream optional

Breadcrumbs:

- 2 cup Panko breadcrumbs
- 1 cup grated parmesan cheese
- 3 tablespoons freshly chopped parsley
- ¾ teaspoon garlic salt

For Frying:

- Vegetable oil enough to cover the slices by half (preferred method)

For Baking:

- 24 oz. marinara sauce
- 3 cups shredded mozzarella divided
- ½ cup grated Parmesan cheese divided

Method:

1. Preheat the oven to 375° F degrees.
2. Slice the eggplant into ¼-inch slices, no thinner. Slightly thicker is fine.
3. Sprinkle slices with salt and transfer to a colander while measuring remaining ingredients.
4. Place the flour, egg, and breadcrumb mixtures in 3 separate shallow bowls.
5. Pat each slice dry in between paper towels, and dredge completely in the flour mixture.
6. Dip each side in the egg mixture until just coated, use the edge of the bowl to remove any excess (too much egg can bleed through the breading, which will make it less crispy).
7. Coat each slice generously in the breadcrumbs, turning to coat on each side a few times.
8. Heat oil over medium-high heat to 350° an enamel skillet to achieve best results.
9. Once hot and glistening, add the first batch of eggplant slices, don't overcrowd the skillet. Brown on each side for 2-3 minutes, until golden.



10. Remove with a slotted spatula. If possible, set cooling racks over a baking sheet and let the eggplant cool for maximum crispiness.

Method to Assemble and Bake:

1. Spread about $\frac{1}{3}$ cup marinara sauce on the bottom of a 9 x 13-inch baking dish.
2. Add one-third of the eggplant slices. Spread marinara sauce over each slice and sprinkle with one-third of the mozzarella/parmesan cheese.
3. Repeat twice to create 3 layers total.
4. Bake uncovered at 375° F for 25-30 minutes, until the top is hot and bubbly.
5. Optional: Broil at 450 for a few minutes to brown the top more if desired.
6. Serve with garlic bread with cheese or my olive oil bread dip!