

Classic Italian eggplant Parmesan

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Eggplant parmesan, know as “parmigiana di melanzane” is a classic Italian dish made with layers of fried eggplant then baked with marinara sauce and cheese.

The dish is assembled similarly to lasagna, with alternating layers of eggplant, tomato sauce, mozzarella, and parmesan cheese. The final layer is usually topped with extra cheese which melts and forms a golden bubbly crust in the oven.

When making classic Italian Eggplant parmesan, here are some tips

1. Choose the right eggplant opt for firm, medium – sized eggplants with shiny skin and no soft spots. Smaller eggplants tend to be less bitter and have fewer seeds.
2. Slice the eggplant into even rounds or lengthwise strips to ensure they cook evenly
3. Salt the eggplant and let sit for at least 30- minutes to reduce bitterness and remove excess moisture. Then rinse and pat dry
4. Dredge the eggplant in flour before frying this helps achieve a crispy exterior when fried.
5. Start with a layer of sauce at the bottom of your baking dish to prevent sticking.
6. Bake covered for the first 30- minutes to prevent the

cheese from burning . then uncovered the last 15-minutes to get a rich golden brown crust. I have attached the link to my favorite all around lasagna covered casserole dish.

7. Allow the eggplant parmesan dish to rest for about 10 to 15 minutes to let the layers set.

Ingredients

- 2 medium eggplant
- 1 Tbsp. salt
- 1 cup of flour
- 3 cups of canola olive oil blend oil for frying
- 4 cups my easy marinara sauce
- 2 cups shredded mozzarella
- 2 cups fresh mozzarella
- 1 cup grated parmesan
- fresh basil leaves

Instructions

1. Start by washing your eggplant and slicing into thin rounds. place a colander over a bowl add the salted eggplant rounds add a weight to press the eggplant down. Let it sit for at least 30 minutes.
2. Then rinse the eggplant and pat dry then coat with the flour shaking off excess.
3. Bring the oil to medium high heat. Begin frying the eggplant slices in batches 2 to 3 minutes per side or until golden brown. Drain on paper towels.
4. In a 7 x 11 oven proof casserole dish begin with a layer of marinara then eggplant , then the cheese. Repeat the process beginning with the marinara sauce and ending with the eggplant topped with the marinara and more cheese.
5. Bake in a preheat 375-degree oven covered for 30

minutes, uncover and bake for 15 minutes longer or until cheese is slightly brown and bubbly. ENJOY!!!!