



JERNEJ KITCHEN

EGGPLANT PARMESAN (MELANZANE ALLA PARMIGIANA)

Eggplant Parmesan or Melanzane Alla Parmigiana is a tasty Italian vegetarian meal. Fried eggplants baked with tomato and three types of cheese.

SERVES	6	PEOPLE
PREPARATION:	15	MINUTES
COOK:	30	MINUTES
BAKE:	35	MINUTES
TOTAL TIME:	70	MINUTES

TOMATO SAUCE

- 1 large onion
- 3 tbsp olive oil
- 4 cloves of garlic
- 2 leaves basil
- 1 sprig oregano
- 300 g (3/4 of 15 oz can) tomato passata or tomato puree
- 400 g 1 can (14.5 oz) canned diced tomatoes

EGGPLANT PARMESAN

- 4 eggplants
- 120 g (1 cup) all purpose flour
- 3 eggs
- 80 ml (1/3 cup) canola oil, for frying
- 100 g (1 cup) freshly shredded Scamorza cheese or mozzarella
- 50 g (1/2 cup) freshly shredded parmesan cheese
- 250 g (9-ounce) Mozzarella (whole)
- fresh basil leaves, for serving

TOMATO SAUCE

Add olive oil to a skillet. Place over medium-high heat and add the diced onion. Cook for 5 minutes, then add the diced garlic, basil, and oregano. Cook for 5 minutes, stirring occasionally. Pour in the tomato passata and diced tomatoes. Stir, bring to a boil, then reduce the heat to medium-low and cook for 15 - 20 minutes.

PREPARE THE EGGPLANTS

Cut the eggplants into 1 cm (1/2-inch) thick slices. Season with salt and pepper on both sides. Spread flour over a baking sheet and roll the eggplants in the flour, shaking off any excess. Transfer the eggplants to a plate. Discard the flour, clean the baking sheet. Whisk the eggs in a bowl, then pour the eggs onto a baking sheet. Dip the eggplants into the eggs on both sides. Place a large skillet with the canola oil over medium-high heat. When the oil is hot, and reaches 175°C/340°F, add the first batch of eggplants. Make sure they aren't overcrowded. Fry for 2 - 3 minutes per side. Line a wire rack with paper towels and transfer the eggplants on the towels to drain any excess fat. Preheat your oven to 180 °C / 350 °F.

BAKE

Add three tablespoons of the homemade tomato sauce to a 30 cm X 20 cm or 12-inch x 8-inch baking dish. Arrange the eggplants on top of the sauce. Spread the tomato sauce over the eggplants and sprinkle with the mixture of shredded Scarmoza cheese and shredded Parmesan cheese. Following with a layer of eggplants, tomato sauce, and cheese mixture

TOOLS AND EQUIPEMENT

skillet
kitchen knife
cutting board
baking sheet
wire rack
paper towels
30 CM X 20 CM OR 12-INCH X 8-
INCH baking dish

Sponsored until you get four layers. The last layer should be the tomato sauce. Then, arrange sliced Mozzarella cheese on top and sprinkle with a reserved tablespoon of shredded Parmesan cheese. Cover the baking dish with aluminum foil (making sure that the foil doesn't touch the food) and place it in the preheated oven. First, bake covered for 20 minutes at 180 °C / 350 °F, then discard the foil, and continue to bake for 15 - 20 minutes.

TIP

To prevent any spilling, feel free to place the baking dish on a baking sheet when baking.

SERVE

Remove the baked Eggplant Parmesan from the oven and set aside for 5 minutes. Cut into 6 portions, sprinkle with fresh basil and serve.