



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

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Recipe 157

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Eggplant Parmesan

PREPARATION

1 - Slice eggplant by removing stem from eggplant then slice into 1/4-1/2 inch thick slices.

2 - Sweat eggplant by arranging slices on a pan and sprinkling with coarse salt on both sides. Let sit to "sweat" excess moisture for 10 minutes. Pat firmly with paper towels to dry eggplant thoroughly (wipe off salt as well).

3 - Make breadcrumbs by toasting slices of bread. Then chop in food processor until consistency is crumbs. Mix breadcrumbs in a bowl with garlic powder, salt & pepper, Italian herbs, and shredded parmesan cheese. (Tip: If you are not making your own breadcrumbs, use 1 1/2 cups of store-bought breadcrumbs instead.)

4 - Bread eggplant by arranging three bowls containing whisked eggs, flour, and breadcrumb mixture. First, coat eggplant in flour on both sides, dip into eggs, and then dip into breadcrumbs. Pack breadcrumbs onto eggplant and then gently shake off excess. Wipe hands and then repeat.

5 - In a skillet, add 1-2 tablespoons of oil at a time, and cook breaded eggplant for 2-3 minutes on each side until golden brown. Lay on paper towels to soak up excess oil. Repeat until all eggplant has been fried.

6 - Assemble in a large casserole dish by spreading a thin layer of marinara on the bottom. Then layer eggplant slices, mozzarella, a spoonful of marinara, and shredded parmesan. Repeat an additional layer on top.

7 - Bake at 400F uncovered for 30 minutes until cheese is browned and melted. Top with chopped fresh basil & oregano, and serve.



(photo by Marc-Henri)

INGREDIENTS

Eggplant

- 2 large eggplants
- 1/2 cup all-purpose flour
- 3 eggs
- 1/4 cup olive oil

Homemade Breadcrumbs

- 6 bread slices (about 1 1/2 cups)
- 1/2 cup parmesan cheese, shredded
- 2 teaspoons Italian herb blend
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

Toppings

- 1 1/2 cups marinara
- 1 lb mozzarella cheese
- 1/3 cup parmesan cheese, shredded
- 1-2 tablespoons fresh basil, chopped
- 1 teaspoon fresh oregano, chopped

COOK'S NOTE:

Eggplant parmesan is an Italian dish composed of slices of tender eggplant that are coated in flour and homemade breadcrumbs and then layered with rich marina and melted cheese. It is a decadent must-try for any and all Italian food lovers.

Bon Appétit!
-George