Eggplant Parmesan



Scan Code To Watch Video!



Recipe by: Laura Vitale

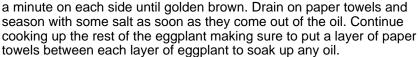
Serves 6

Prep Time: minutes Cook Time: minutes

Ingredients

- __1 Large Eggplant, about 1 ½ pounds, sliced lengthwise about 1/8 of an inch thick.
- __4 cups Meat Sauce (click on my lasagna video to see how to make the ultimate homemade meat sauce)
- __5 Eggs
- ___Vegetable oil, enough to have about 1/4 inch of oil in the pan
- _Salt and Pepper, to taste
- __Fresh Parmiggiano Reggiano
- __5 oz Fresh Mozzarella

- 1) In a shallow dish whisk the eggs, season with salt and pepper and set aside. Add the flour into another large shallow dish, season with salt and pepper and set aside.
- 2) Preheat your oil over medium heat until nice and hot.
- 3) Dredge the eggplant into the flour, shaking off any excess, dip into the beaten eggs and add to the hot oil. Cook for about



- 4) Preheat your oven to 350 degrees.
- 5) Take a 9 by 9 casserole dish and spread a little bit of meat sauce in the bottom. Add your eggplant in a single layer and add just enough sauce to cover the eggplant but dont make it too saucy otherwise it will be very soggy. Sprinkle over the top with lots of fresh parmiggiano reggiano and dot the top with fresh mozzarella. Continue with the remaining eggplant. The very top layer should be lots of parmiggiano and mozzarella.
- 6) Bake for about 20 minutes or until hot and bubbly. Let sit for 10 minutes before serving. I promise that once you make eggplant parm this way, you will never make it another way again! This is how its done in Napoli Italy and I guarantee that this is how its going to be done in your home from now on.

