

EGGPLANT PARMIGANA

INGREDIENTS

Small Italian eggplants
Fresh cheese (Bocconcini, Buratta, Mozzarina,
Mozzarella di Buffala or Mozzarella)
Napoletana sauce
Freshly grated Parmigiano

1 egg and 1 egg white
1 cup flour
Ice cold water (or soda water)
Vegetable and olive oil for frying



PREPARATION

Slice eggplants and place them on a rack or in a perforated steam insert pan.
Apply a liberal amount of salt to the eggplant and let sit for 30 minutes.
Meanwhile grate cheese, slice fresh cheese and prepare batter. In a bowl put egg, egg white and flour then add water and whisk. The batter should be thick enough to coat the eggplant slice but not so thick that it will make a heavy batter. Add more water if necessary.

Fry eggplants and place on paper towel to drain.

Assemble directly in the glass oven dish. Put sauce on the bottom, place one layer of fried eggplant slices on the sauce.

Place fresh cheese on eggplant layer. Layer eggplant on top of cheese.

Pour tomato sauce on second eggplant layer.

Place fresh cheese on top of second layer of eggplant. Put third eggplant on top and pour sauce over the completed dish. Sprinkle grated parmigiana on top and bake for 20 to 30 minutes at 400.

Serve immediately.

Portion size is 3 one inch slices as accompaniment or appetizer. Two portions for a main plate.