



Parmigiana di Melanzane

Eggplant Parmesan

Ingredients:

- 1.35 kg. (47.61 oz.) of eggplants
- Olive oil
- Flour for coating the eggplants
- About 800gr. (28.21 oz.) of tomato sauce
- 300gr. (10.58 oz.) buffalo mozzarella
- 12 fresh basil leaves
- 50g r. (1.76 oz.) of freshly grated parmesan cheese
- A large baking tray
- A deep frypan

Preparation:

1. Cut the top and the bottom of the eggplants. Cut them into slices 1cm (0.39 inch) thick (if you wish you can peel them first).
2. In a deep frypan, heat about 2 inches of olive oil until hot. Dip a slice of eggplant in flour and then slip it into the hot oil, add a couple of more slices, but do not overfill the pan.
3. Once the slices are golden brown, turn them over using a slotted spoon and fry them until golden. Remove the slices and drain them on a kitchen towel. Do the same with the remaining batch of slices.
4. Cut the mozzarella into thin slices, tear each basil leaf into small pieces and grate the parmesan.
5. Grease the bottom of your baking tray with olive oil.
6. Arrange a layer of eggplant slices in the bottom of the baking tray, cover them with tomato sauce and with a layer of mozzarella, a few basil leaves and then sprinkle with grated parmesan. Repeat the procedure until the baking tray is full.
7. Place the baking tray in a preheated oven (200 C°/400 C° - 392 F°/752 F°) for 30 minutes. Wait for it to cool down a bit before serving.

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Buon Appetito!

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