



Anna Lisa

authentic • gourmet • homemade

Egg Plant

What you need...

- 1 Large Egg Plant
- 2 cups of breadcrumbs
- 1 cup of fresh grated parmesan cheese
- Olive Oil for frying
- 1 Tsp. Salt
- 1 Tbsp. Pepper
- 1/2 Cup Parsley
- 2 Eggs
- 1 Jar of Sauce Anna Lisa

How you prepare...

Fried Egg Plant Parmesan

Begin with peeling your eggplant and slicing off each end so that you are able to cut even 3/4 inch pieces. Place some paper towels down (on a cookie sheet or baking pan) and layer your eggplant discs. Salt the layer of eggplant and cover with another layer of paper towels, add another layer of eggplant and salt cover with paper towels- and then add weight (use either plates or a pan of water) to force the moisture out of the eggplant. It's important to do this or a variation of this so that you dry out the eggplant a bit in order to not end up with soggy eggplant! Lightly beat your eggs together and set aside in a bowl. Combine your breadcrumbs, parmesan cheese , parsley, salt and pepper and place on a shallow dish or plate.

Dredge your slightly dried discs through the egg mixture. Then take the discs and pat down on the breadcrumb mixture (be sure to get a nice thick , uniform coverage). Place disc in a lightly oiled heated frying pan and let brown for 3 to 5 minutes on each side. Remove from pan once the eggplant is a nice golden brown.

Heat your fresh homemade Sauce Anna Lisa Tomato Sauce** and serve with the fried eggplant. You may prepare some pasta noodles, or even just top the eggplant with some fresh mozzarella cheese . It's also perfect to simply pair with a garnish such as fresh basil, or parsley, today I used delicious garden fresh dill - that was an amazing combination!!

Buon Appetito!