

Eggplant Parmesan aka Mellanzane

1 whole eggplant- using local produce

1 cup flour

2 eggs with 1/4 cup of milk

vegetable oil

parmesan cheese

1 recipe of "crazy sauce" or one jar of prepared tomato sauce

Slice eggplant into 1/4" slices

- Layer the slices in a colander and salt each layer, place a pot on top of the layers for weight, let sit for 2-3 hours
- Wipe the moisture off the eggplant, then dredge each slice in flour
- Mix the eggs and milk, then coat each slice of eggplant in the egg wash
- Pour oil into sauce pan and heat it up
- Fry eggplant slices until browned, then place on paper towels to drain off the excess oil
- Layer slices in a baking pan, put one tablespoon of tomato sauce on each slice
- Keep layering, sprinkle the top with parm cheese
- Bake at 375, about 40 minutes or until bubbly
- Makes at least 3 servings

Note: It is important to:

- Allow the eggplant to sit for a few hours, a bitter liquid will drain out of the salted eggplant.
- To flour the eggplant first, because eggplant is like a sponge, the flour inhibits the absorption of cooking oil
- Never "oversauce" when layering, a small amount of sauce is best

Enjoy!

Cost: one whole eggplant was \$.75 at the public market, 2 eggs, sprinkles of cheese and sauce, makes this recipe for about \$2.00

Bruscetta

Prepared eggplant parmesan

Sliced crusty Italian bread

Basil leaves

Sliced mozzarella

- Rub sliced bread with a clove of garlic [optional]
- Place bread on a pan and bake for 10 minutes at 350, until just slightly browned
- Place one small slice of prepared eggplant on top of bread, add one basil leaf, then one slice of mozzarella
- Serve