

VEGETARIANO

400 Regional Italian Recipes



Slow Food Editore

RIZZOLI
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Parmigiana di melanzane / EGGPLANT PARMIGIANA WITH TOMATO SAUCE

*Osteria Nunzia, Benevento, Campania**Serves 4 to 6*3½ POUNDS (2 TO 3
MEDIUM) EGGPLANT

SALT TO TASTE

1 MEDIUM YELLOW
ONION, MINCEDEXTRA-VIRGIN OLIVE OIL FOR
SAUTÉING AND FRYING3½ POUNDS PLUM
TOMATOES, DICEDUNBLEACHED ALL-PURPOSE
FLOUR FOR DREDGING6 LARGE EGGS,
LIGHTLY BEATEN

LEAVES OF 1 SPRIG BASIL

1½ POUNDS FIOR DI LATTE
MOZZARELLA, CUT INTO
SMALL DICE½ CUP GRATED
PARMIGIANO REGGIANO

Parmigiana should be served either at room temperature or completely cooled. In the Napoli area, the eggplant slices are dredged in flour but not egg before frying, and in some places it's traditional to include a small amount of melted chocolate between the layers.

Cut the eggplant the long way into slices about ¼-inch thick. Salt and place in a colander to drain. In a pot, sauté the onion in some olive oil until soft. Add the tomatoes and cook for 30 minutes, then process through a food mill to make a tomato sauce. Set aside.

Line a baking sheet with paper towels. In a pot with high sides, bring a generous amount of oil to frying temperature. Dredge the eggplant slices first in flour, then in beaten egg (reserve any leftover beaten egg), then fry in the hot oil until golden. Work in batches if necessary to keep from crowding the pan. Remove with a slotted spatula or skimmer and drain briefly on the prepared pan.

Preheat oven to 350°F.

Cover the bottom of a baking pan with some of the tomato sauce and a few of the basil leaves. Arrange some of the eggplant in a layer, overlapping slightly. Make a layer of mozzarella. Sprinkle with Parmigiano. Repeat layers in the same order until you have used up all of the eggplant and mozzarella and still have a little tomato sauce, a little Parmigiano, and some basil leaves. Mix together any remaining beaten egg (left over from the dredging) and the remaining tomato sauce and pour it over the top. Sprinkle on the remaining Parmigiano and basil leaves. Bake in the preheated oven until cheese has melted and the casserole is hot, about 30 minutes. Allow to cool before serving.