



Eggplant Parmigiana

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, eggplant, garlic, tomatoes

Note: A quantity of **Tomato & Basil Sauce** (page 168) is required for this dish, so refer to the equipment and ingredient lists for that recipe.

Equipment:

metric measuring scales and cups
clean tea towel
chopping board
cook's knife
grater
2 small bowls
whisk
2 large frying pans
tongs
egg flip
kitchen paper
2 large oven-proof baking dishes

Ingredients:

4 large eggplants, sliced 1 cm thick
1 cup flour
4 eggs, beaten
½ cup sunflower oil, for frying
250 g mozzarella, thinly sliced
100 g freshly grated parmesan
1 small handful of basil, torn
salt, to taste
pepper, to taste

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Make the **Tomato & Basil Sauce** according to the recipe.
4. Dust the eggplant in flour in a small bowl.
5. Dip the floured eggplant slices into the egg mix in another small bowl.
6. Heat the two frying pans over medium–high heat, and divide the oil equally between them.
7. Shallow-fry the eggplant in the hot oil until it is brown on both sides.
8. Drain the cooked eggplant on kitchen paper.
9. Smear the bottom of two ovenproof dishes with half the tomato sauce.
10. Place a layer of eggplant slices on top of the tomato sauce.
11. Cover the eggplant slices with thin slices of mozzarella and half the basil.
12. Place another layer of eggplant, and top with remaining basil, tomato sauce and a sprinkling of parmesan.
13. Bake for 20 minutes.
14. Rest for 5 minutes before serving with a garden **Salad of the Imagination** (page 156).

