

Melanzane Parmigiano

Baked Aubergine with Parmesan – My signature dish and an Italian Classic.

You will need:

4 nice plump melanzane/eggplant with a firm skin sliced into 3mm thick slices lengthwise
olive oil
flour
napoletana sauce (peeled tomatoes with olive oil and basil cooked for 10 mins)
two balls of mozzarella grated (About 250g)
2 cups of grated parmesan (You can use Reggiano or Grana Padano)

Place the slices of bringal flat on a tray and season with salt. Dip the slices into flour and hand pat off any excess and shallow fry the slices until golden brown. You will know they are ready when they are like large Melanzane crisps (like potato crisps). Place them on a paper towel to soak up excess fat. Obviously this takes some time and effort as you cannot put too many in the pan at a time otherwise they stick and they must be loose. You should make about 36-40 crispy slices to make 4 layers.

In a medium baking dish place a thin layer of Napoletana sauce. Top this with a layer of the fried bringal as if making a lasagna. Top this layer with a generous 50/50 sprinkling of parmesan and mozzarella. Start the process again until you have four layers. On the top layer of cheese place slices of tomato as a garnish before baking in the oven at 180 C for 20 minutes. Cut into generous squares and serve piping hot.