

BC EGGPLANT MARINARA



Yields:

portions to be determined by need



INGREDIENTS

Eggplant

Egg

Flour

Bread Crumbs

Oregano

Pepper

Basil

Salt

DIRECTIONS

1. Peel the eggplant and dice into 2 cm cubes toss lightly with salt. Let sit one hour.
2. Prepare a standard egg wash station with seasoned flour, beaten egg and dried bread crumbs seasoned with dried oregano, black pepper and dried basil.
3. Dredge the eggplant in the flour, dip into the egg wash and then coat with the bread crumb mixture and place spread apart on a baking pan and refrigerate for at least one hour.
4. If you are preparing large quantities a deep fryer is the best way to cook the finished product but for smaller quantities shallow frying works just as well. As the eggplant turns golden remove and let drain before lightly salting and napping with a pureed marinara sauce. The finished product should be nicely crunchy on the outside and creamy on the inside. Fresh grated or shaved parmesan makes a nice addition.

