



eggplant parmesan with homemade marinara sauce

1 large eggplant
all-purpose flour
2 eggs
italian style bread crumbs
vegetable oil
marinara sauce (recipe to follow)
fresh deli mozzarella, thinly sliced
shredded mozzarella
grated pecorino romano cheese

1. heat oil over medium to medium-high heat in a dutch oven, large pan or deep fryer. beat eggs in a large bowl. prepare one plate with flour and one with bread crumbs.
2. peel eggplant. slice it lengthwise into 1/4 thick slices. dredge the eggplant in flour, dip in egg to coat and then dredge in the bread crumbs. fry eggplant in oil, about 3 minutes or until golden brown.
3. in a large rectangular baking dish begin with layers: start with marinara on the bottom. add a layer of eggplant, then marinara, then shredded mozzarella, and finish with a sprinkle of pecorino romano. continue to layer until you reach the top of the pan. the top layer should be eggplant, marinara, then the sliced fresh mozzarella, and a sprinkle of pecorino romano. bake for 25 minutes, or until the top layer of cheese begins to brown.

homemade marinara

3 tbs. olive oil
1 large yellow onion, diced
3 cloves garlic, finely minced
1/2 tsp. cayenne pepper
2 28 oz. cans crushed tomatoes
1 15 oz. can petite diced tomatoes
2 tbs. chopped fresh parsley leaves
2 tbs. chopped fresh basil leaves
2 tbs. chopped fresh oregano leaves
salt and pepper

1. heat oil in large saute pan over medium heat. add the onions and cook until soft (about 3-4 minutes). add garlic and cayenne pepper. stir and cook for about a minute. add the tomatoes and season with salt and pepper. bring to a boil. cover and reduce heat to medium. let cook about 30 minutes.
2. stir in the parsley, basil and oregano.