

Recipe for Melanzane alla parmigiana/Eggplant Parmesan

This is a light version; in the classic recipe the eggplants are deep fried (alone or dipped in egg and covered with bread crumbs).

Ingredienti per 4-6 persone

- 2 large *melanzane* (eggplants)
- 1 *spicchio d'aglio* (garlic clove)
- 1 L *di passata di pomodoro* (plain strain tomatoes, we used 1.5 box of Pomì)
- parmigiano grattugiato* (grated, about 100 g, but decide by eye and taste)
- mozzarella grattugiato* (grated) *or a fette* (in slices), about 1 cup
- basilico fresco* (fresh basil, a few leaves)
- *sale*
- *zucchero* (sugar)
- spices of your choice (e.g. red crushed pepper, nutmeg)

Procedimento

- wash the eggplants and cut them max 1 centimeter thick.
- let the the eggplant slices sit in a colander covered with abundant coarse salt. You can make many layers of eggplant and salt: this procedure remove the bitterness from the *melanzane*.
- after 30 minutes drain, rinse very well and pat dry with paper towel
- grill the eggplant slices at 400 F for about 10 minutes (or more, based on the thickness).
Alternatively, grill them in a non stick pan without oil on the stove or on the bbq.
- in the meantime prepare a tomato sauce with a *soffritto* of garlic (read the post on February 11th for directions)
- cover the bottom of a baking dish with the tomato sauce
- place a layer of eggplant over the sauce
- sprinkle with grated mozzarella, grated parmesan and basil leaves (as a whole or minced, as you wish)
- repeat to make 3-4 layers ending with sauce
- top with the remaining mozzarella and *parmigiano*
- bake at 400 F for about 30 minutes.

Le melanzane alle parmigiana are delicious eaten immediately and the day after are *evenmeglio* (better). *Prova* (try!)

MIT OpenCourseWare
<http://ocw.mit.edu>

ES.S41 Speak Italian With Your Mouth Full
Spring 2012

For information about citing these materials or our Terms of Use, visit: <http://ocw.mit.edu/terms>.