

Alta Via Eggplant Parmesan

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| <ul style="list-style-type: none"> 2 ea. Medium eggplant, peeled and sliced into rounds 3/8" thick 2 C. Flour 6 ea. Eggs 2 C. Breadcrumbs 2 C. Finely grated Parmesan cheese 2 qt. Simple Tomato Sauce, held hot 1 C. Grated parmesan cheese 5-8 ea. Basil leaves 2-3 ea. Burrata balls, at room temperature or slightly above | <ol style="list-style-type: none"> 1. Lay eggplant slices on a wire rack over a sheet pan. Sprinkle them evenly and lightly (like you would season a steak) on both sides with salt. Allow them to weep for an hour. 2. Blot the slices dry on both sides. Apply a little pressure to get the remaining water out. 3. Heat oven to warm. 4. Prepare the breading station. <ul style="list-style-type: none"> a) Spread flour in one shallow dish. Season it well with salt and pepper. b) Crack eggs into a second dish. Whisk well until they pass the ribbon stage. c) Combine bread crumbs and 2 C. parmesan cheese in third shallow dish. 5. Begin breading. Remember to use one hand for the dry ingredients and one hand for the wet. <ul style="list-style-type: none"> a) Dip a slice in the seasoned flour. Be sure to cover whole surface. b) Dip it in the egg. Be sure to cover whole surface. c) Dip it in the bread crumb/cheese mixture. Be sure to cover whole surface. d) Place on a tray. Repeat with all slices. | <ol style="list-style-type: none"> 6. Heat about 3/4" of oil in a wide, high-sided pan. Oil should be about 350 degrees. 7. Fry slices two or three at a time. When browned on the first side, turn them to brown the second side. Remove them on a rack on a sheet pan in the warm oven while you fry the rest. 8. To serve, place a pool of sauce on a plate or serving dish. Shingle crispy eggplant parmesans onto dish. Drizzle a little sauce over but do not cover the slices. You want to retain the crispiness. 9. Sprinkle with cheese and torn basil leaves. Place burrata balls atop the slices. Score the top of the ball so that it falls open over the eggplant parmesan slices. 10. Serve. |
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Simple Tomato Sauce

- 2-3 Tbs. Extra virgin olive oil
- ½ C. Small diced onions
- 6-8 ea. Cloves garlic, sliced thinly
- 2 cans San Marzano tomatoes, roughly chopped
- 2-3 Tbs Butter, softened
- A lot of basil leaves
- Salt and pepper

1. In a wide skillet, place olive oil and onions. Bring up over medium heat until onions sweat and turn clear.
2. Add garlic and cook until aromatic.
3. Add tomatoes, bring to a simmer.
4. Swirl butter into tomato sauce. Season well with salt and pepper.
5. Add basil leaves to sauce.