

Eggplant Parm

Let me preface this recipe by saying if you are any where close to the Jersey Shore “ go and eat at the Oceanview Bakery in Long Branch New Jersey. After so many years away from the great Italian food available in Jersey I try to create from memory my favorites. I call on my best buddy Moysha (a.k.a Mark McCue) for a little culinary help with the projects since he is such a great chef. First let me say I generally do not like eggplant, it almost makes me yak most times. But I got turned onto these eggplant parm subs from some surfer friends and was blown away. Below you will find a really close version of the eggplant parm. If you have never eaten at the Oceanview Bakery you may think this is the greatest you have ever had, but trust me... theirs is even better!

Ingredients

2 Large Eggplants

7 eggs

Flour

Olive oil

3 28oz cans of your favorite “Red Lead” (pasta sauce)

Parmesan Cheese

All the ingredients are averaged because the yield of the 2 eggplants vary.

Utensils:

2 large bowls

1 or more frying pans

etc...

I would like to say up front this is a very time consuming process. It really pushes the limits of my ADD. While you are doing this you may consider doubling the recipe and have a big ole feast with a bunch of friends!

Since I do not specialize in writing cook books please read through the entire process first before you start. You will gain the understanding of the

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Step One



Two Eggplant



Peel the eggplant with a vegetable peeler.



Slice the eggplant into slices of 1/8 inch... pretty thin!

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First add some flour to a large bowl. Then coat the eggplant slices in flour on both sides.



Shake off the excess flour.



In another large bowl, lightly beat the eggs. Dip the floured eggplant in the eggs. Coat on both sides.

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In your frying pans you will heat the olive oil. When the oil is hot begin to fry the eggplant. The idea is not to cook the eggplant but to seal the eggplant in the egg. This will keep the eggplant from getting mushy. Cook until lightly browned on both sides.



I stack the cooked eggplant on a plate. I do not drain off the excess olive oil because I enjoy the benefits of the oil. You can use cheaper oils and/or chose to damp the eggplant to remove the excess oils before the final steps. Your choice!

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Take a 10' x 14" pan and coat the bottom of the pan with your "Red Lead", then sprinkle the parm cheese on top.



Layer the eggplant one row high.



Cover the eggplant with the "Red Lead" and parm cheese again. Repeat this until you run out of eggplant. This was 4 layers off eggplant for me.

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Once you have run out of eggplant finish the top as you start. With the “Red Lead” and parm cheese.



Preheat your oven to 350 degrees and when ready cook uncovered for about 35 minutes. It will be ready when the sauce on the side of the pan appears “burnt”. Section in to 3 sections long by four sections wide.

Serve with spaghetti, salad, garlic bread, red wine. Invite all your friends over and hang out and enjoy the greatest things in life, food and friendship! As a favor for me... buy all the stuff with cash! No credit/debit card, no check.