

Betty's Favorite Eggplant Parmesan Recipe



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In this video, Betty demonstrates how to make Eggplant Parmesan. I have had requests for this dish, and I am sorry it has taken me so long to get around to making it. It is truly delicious and very easy to make.

Ingredients:

1 large eggplant

Salt

2 eggs, well beaten

1 ½ cups Ritz cracker crumbs (Any cracker crumbs may be substituted.)

Hot peanut oil (about 1 ½ tablespoons per skillet of breaded eggplant slices)

24-oz. jar Italian sauce or spaghetti sauce or equivalent amount of homemade Marinara sauce (I used Prego brand-Three Cheese variety in 23.5-oz. jar.)

2 cups shredded mozzarella cheese

¼ to ½ cup shredded Parmesan cheese

Peel a large eggplant and cut into ¼ to 3/8-inch slices. Sprinkle each slice with salt, and place in a bowl. Let stand 30 minutes; rinse and pat dry. Dip in eggs and coat with Ritz cracker crumbs. Fry in hot peanut oil until golden brown on both sides. Drain on paper towels. (You may need to fry the slices in shifts, adding additional peanut oil.) Place half of the browned eggplant slices into a 12-inch by 8-inch by 2-inch (or similarly sized) baking dish. Spread with half of the Italian sauce. Top with half of the shredded mozzarella and Parmesan cheeses. Repeat layers. Bake at 350 for 20 to 25 minutes, or until mixture is thoroughly heated. It will be bubbly, the cheese will have melted and the eggplant will have softened. Serve immediately with hot baked bread! This is a great vegetarian dish; just use Italian sauce made with vegetables only. It is a delicious departure from pasta with Italian sauce. Enjoy!!!

--Betty ☐