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EGG PLANT PARMESAN

Eggplant Parmesan

Eggplant Parmigiana is a little labor intensive to prepare but by using Convection to cook the eggplant slices at one time you eliminate the most labor intensive step which is frying the slices individually. The sauce is prepared while the eggplant is cooking then the casserole is assembled with the layers of sauce, eggplant and cheese....so easy, so delicious.

Eggplant Preparation

2 - medium globe eggplant

Cut the eggplant into ½" thick slices, spread onto a rack in a shallow baking pan and sprinkle each side with salt. Let the eggplant sit for an hour or 2 then rinse and pat dry.

Set up your dredging station with 3 bowls one for flour, one for egg and one for the breadcrumbs

½ - cup all purpose flour

4 - eggs, beaten with a little water till well mixed

2 - cups Panko breadcrumbs mixed with ¼ cup vegetable oil

Dip the dried eggplant slices in the flour, then the egg and finally the oiled breadcrumbs and place onto a rimmed baking sheet.

Heat the oven to Convection or Convection Bake 350 degrees and bake the trays of eggplant slices for 20 minutes until crisp and golden.

Tomato Sauce

1 - tablespoon olive oil

2 - cloves garlic, minced

½ - teaspoon mixed Italian seasoning

1 - 28oz can, tomatoes

Heat a medium sized saucepan over low heat, add the oil and when hot stir in the garlic and seasoning and stir for a minute. Add the tomatoes and break them up with the back of a spoon. Cook over moderate heat for 20 - 30 minutes then set aside.

Cheese

1 ½ - lbs fresh Mozzarella, sliced

1 - cup grated Parmesan cheese

Spread about ⅓ cup of tomato sauce on the bottom of a 9x13 casserole dish

CONVECTION BAKE



Top with 1/3 of the eggplant slices, then a layer of Mozzarella slices and about 1/3cup of shredded Parmesan. Continue the layers ending with the last of the Parmesan cheese.

Preheat the oven - Convection Bake 350 degrees and bake uncovered for 30 minutes.

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