Crumbed Eggplant

Serves: 6 – 8 or 24 tastes

Fresh from the Garden: Eggplant, herbs, eggs

Notes for volunteers:
- If you use young, fresh eggplants they do not need to be salted first to remove any bitterness.
- Focus skill: Crumbing, shallow frying

Ingredients

- ½ cup flour
- salt & pepper
- 2 eggs
- ¼ cup milk
- 2 cups fresh bread crumbs
- ½ cup grated parmesan cheese
- ¼ cup finely chopped fresh herbs of choice (e.g. parsley, oregano, basil, thyme)
- 2 young eggplants (older eggplants will need to be salted to remove bitterness before use)
- olive oil

Method

1. Place the flour in a bowl and season to taste.
2. Crack the eggs into a second bowl and whisk in the milk.
3. Mix the breadcrumbs, parmesan and herbs together in a third bowl.
4. Thinly slice the eggplant (5mm slices)
5. Dust the eggplant with the flour, dip into the egg wash then crumb with the breadcrumb mixture. Try to use your right hand for the dry ingredients and your left hand for the wet or you can end up crumbing your fingers.
6. Fry the eggplant slices in hot oil for a few minutes until golden brown. Flip over and fry the other side.
7. Remove and place on paper towel to drain.

Variations:
Top each slice with a spoonful of homemade tomato sauce then top with grated mozzarella cheese. Place under a hot grill until the cheese bubbles.

Recipe Reference: Created by Nikki Bird Barooga Public School