

# Baked Eggplant Parmesan

(from Nick Caronna)

**Prep Time** 1 hour 45 minutes

**Cook Time** 1 hour

**Total Time** 2 hours 45 minutes

**Servings** 8

## Ingredients

- 2 large eggplants peeled (no purple skin) and sliced into uniform 1/2-inch-thick rounds (mandolin is best)\*
- Kosher salt to taste
- Black pepper to taste
- 2 large eggs
- 2 tablespoons water
- 1 cup plain or Italian breadcrumbs
- 1 cup plus 2 tablespoons Parmesan cheese finely grated; divided
- 2 teaspoons Italian seasoning plus more for garnish
- 3 cups marinara sauce
- 2 cups shredded mozzarella cheese

## Instructions

1. Layer your countertop with paper towels, and lay eggplant slices on top of them. Salt the eggplant liberally both sides, and allow to sit for 30-60 minutes (this helps draw out the excess moisture). # Pat both sides dry with paper towels (do NOT use water), then season with pepper to taste.
2. Preheat oven to 375 degrees F. Lightly brush or spray two baking sheets with oil or parchment paper (I use parchment paper) and set aside.
3. In a shallow bowl, whisk together eggs and water. In another bowl, mix together breadcrumbs, 1 cup Parmesan cheese, and Italian seasoning.
4. Dip eggplant slices in egg mixture a few at a time, allowing excess to drip off, then press both sides into breadcrumb mixture, coating well. Place in a single layer on baking sheets. Repeat to coat all slices.
5. Bake until golden brown on bottom, about 20-25 minutes, then flip slices. Bake an additional 20-25 minutes until browned on other side. Remove from oven and set aside on baking sheets as is,
6. Increase oven temperature to 400 degrees F.

7. Spread ½ cup of marinara sauce in a 9-by-13-inch casserole baking dish (I use a glass 9x13). Arrange the eggplant in a single layer, “shingling” the slices if you have a lot. Cover with 1 cup sauce, then 1 cup mozzarella. Then cover with ½ cup sauce. Repeat layering with remaining eggplant, sauce, and mozzarella, then sprinkle on remaining 2 tablespoons Parmesan on final top.
8. Bake 15-20 minutes until sauce is bubbling and cheese is melted, then increase oven temp to broil and broil for 2 minutes to brown the cheese a bit.
9. Remove from oven and sprinkle with additional Italian seasoning or fresh herbs if desired.
10. Enjoy!

\*Some leave skin on but I find it is bitter and chewier, so I remove all skin.

# Don't skip sweating the eggplant slices. It really helps to make the crispiest slices that have both the best flavor and texture.

