

# Eggplant Parmesan with Buffalo-Milk Mozzarella

Adapted slightly from Food52, from Nancy Jo, a contributor

Internet Address: <http://food52.com/recipes/431-eggplant-parmesan>



**Servings: 6**

*Ideally, you want enough eggplant for about 6 layers. You'll be surprised at how thin the eggplant becomes once it bakes. Part of the secret to this recipe is cooking down the tomato sauce - it's almost like a paste, but not quite - that way the casserole doesn't ooze juice through the baking process. You'll have a lot of concentrated tomato (umami) flavor by doing it this way. If you can't buy buffalo-milk mozzarella, use regular cow's milk type, but it just won't taste as good!*

3 pounds eggplant (Choose the large glove variety. Make sure they are firm and smooth. Also choose male eggplants. They have fewer seeds and have a rounder, smoother bottom)

1 cup flour (about)

salt

3 tablespoons olive oil, approximately (drizzled on eggplant)

1 1/2 cups Parmigiano-Reggiano cheese, grated

1/2 pound buffalo-milk mozzarella, sliced

**TOMATO SAUCE:**

56 ounces canned tomatoes (28 ounce cans) San Marzano brand preferred - add another can if you want extra sauce left over. Use whole, peeled tomatoes. [I used Muir Glen diced]

3 cloves garlic, thinly sliced

1 teaspoon dried oregano

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

Notes: You will need the full 3 pounds of eggplant to make this - don't skimp.

1. Peel the eggplant and slice long ways into 1/4 inch slices.
2. Lightly sprinkle each layer with salt and place into a colander, overlapping and salting as you go. Each slice should be salted. After you fill the colander, place a plate on top and weight it with a heavy pan or a tea kettle filled with water. Let the eggplant sweat for 30 minutes or more. If you're concerned about using salt, just stack the slices without salt, but weight it down. You'll still get the eggplant to drain some. Dry it off before proceeding.
3. While the eggplant sweats, make the sauce.
4. SAUCE: Coat the bottom of a sauce pan with olive oil and heat over medium high heat. Add the sliced garlic and let it cook until it sizzles (do not brown the garlic). Add the canned whole tomatoes and their juice. Stir and chop coarsely using a potato masher or two knives chopping crossways. Lower the heat and simmer until reduced by almost half. [I used Muir Glen diced tomatoes.] Add dried oregano and taste for salt and pepper [I didn't think it needed any].
5. Remove the eggplant from the colander and thoroughly swipe and pat dry each slice with paper towels.
6. Heat the oven to 450°F. Cover the bottom of a baking sheet or two with olive oil. [I used a piece of parchment paper and drizzled the oil on one side of each eggplant slice.]
7. Dredge the eggplant slices in flour, shaking off any excess. Place on the baking sheets and drizzle each slice with olive oil. Bake until brown on one side (about 15 minutes or so) and turn over and brown the other side. Repeat until you have cooked all the eggplant. The eggplant will be moderately dry - not burned - not exactly browned - but like a plank.
8. Using a 7x11 baking dish (ceramic or earthenware, or stainless is okay too), spread a thin layer of sauce on the bottom and layer the eggplant until it completely covers the bottom (it's like a puzzle!).
9. Sprinkle generously with the grated Parmigiano-Reggiano. Add another layer of sauce and then the eggplant. Continue to build the layers until you are about two layers from the top, then add a single layer of sliced mozzarella. Finish with a couple more layers of eggplant, sauce, and parmesan. Finish the top with parmesan - a bit more than you've sprinkled on any of the layers.
10. Bake in the upper third of a 400°F oven. Check after about 20 minutes. You may find that it throws off more liquid as it bakes. If so, press down on the eggplant and draw off any excess liquid. Cook for another 15 minutes or so or until the casserole is bubbling well all around the edges and a little bit in the middle. Let stand for 10 minutes before serving.

Per Serving (excluding unknown items): 328 Calories; 14g Fat (35.9% calories from fat); 15g Protein; 40g Carbohydrate; 8g Dietary Fiber; 16mg Cholesterol; 771mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 4 1/2 Vegetable; 2 Fat.