

## Eggplant Parmesan

Serves 4-5

- 6 Japanese eggplants, cut crosswise into 13-mm slices  
(1 Japanese eggplant weights about 227 to 283 g)
- Olive oil
- 1 large onion, finely chopped
- 1-2 large clove garlic, thinly sliced
- 1½ tsp dried oregano
- Red pepper flakes, to taste
- 2 (400 g) cans crushed tomatoes
- 1 T red wine vinegar or Balsamic vinegar
- ½ C (packed) fresh basil leaves
- Salt and freshly ground black pepper
- 90 g freshly grated Parmigiano-Reggiano
- 30 g panko
- 1 T chopped fresh oregano leaves, optional



1. Preheat oven to **230°C**.
2. Brush both sides of **eggplant slices** with **oil**, and place in a single layer on two or more baking sheets. Bake until undersides are golden brown, **10 to 15 minutes**, then turn and bake until other sides are lightly browned. Set aside.
3. Reduce oven temperature to **190°C**.
4. Meanwhile, in a large saucepan over **medium heat**, heat **2 T olive oil** and add **onion**. Sauté until soft, **about 10 minutes**.
5. Add **garlic** and **dried oregano** and sauté **another 30 seconds**.
6. Add **tomatoes** and their juices. Cover, reduce heat to **low**, and **simmer 15 to 20 minutes**.
7. Add **vinegar**, **basil** and **salt** and **pepper** to taste.
8. Into a 23-by-23-cm, 25-by-13-cm or 25-by-15-cm baking pan, spoon a small amount of **tomato sauce**, then add a thin scattering of **parmigiano**, then a single layer of **eggplant**. Repeat until all ingredients are used, ending with a little sauce and a sprinkling of parmigiano.
9. In a small bowl, combine **panko** and **oregano**, with just enough **olive oil** to moisten. Sprinkle on top.  
*(If desired, recipe can be made to this point and refrigerated. Bring to room temperature before baking.)*
10. Bake until eggplant mixture is bubbly and center is hot, **30 to 45 minutes** depending on size of pan and thickness of layers. Remove from heat and **allow to rest for 5 minutes before serving**. Recipe can also be reheated.

Additions:

- Add fresh thyme with the basil
- Add a layer or mozzarella on top or between layers
- Add zucchini with eggplant