



1. Remove the eggplants stems and rinse them. Cut them lengthwise in 1/3-inch thick slices and place on a baking sheet. Drizzle the slices with coarse salt. Leave them out to dry for 30 minutes to one hour so they no longer emit water.
2. Meanwhile, make a slit in the tomatoes and place them for 30 seconds in a large pot of boiling water. Drain and peel them when they are warm. Remove the seeds and chop the pulp.
3. In a saucepan, heat 2 tablespoons olive oil over medium. Add the garlic and onion until lightly brown. Then the sugar, nutmeg, oregano and the tomatoes pulp. Simmer gently over medium-low for about 30 min. until liquid is reduced and the sauce thickened. Top with finely sliced basil, mix with salt and pepper and set aside.
4. Heat oven to 410°F.
5. Once the eggplants have dried out, rinse the slices thoroughly under running water to get rid of the salt and pat them dry in a clean cloth or paper towels. Organize them tightly on a large sheet pan lined with parchment paper. With a brush, coat thoroughly both sides of the eggplant slices with olive oil. Place in oven for 10 min. and turn the slices over before continuing to bake for 10 more minutes.
6. Drain the mozzarella and cut it in .1-inch thick slices.
7. Turn oven to 370°F.
8. Oil a deep baking dish and starting at the bottom, spread a layer of:
tomato sauce,
eggplants,
mozzarella,
again a layer of tomato sauce,
eggplants,
mozzarella,
and finish with a layer of tomato sauce and grated parmesan.
9. Place in oven for about 30 minutes until the top is golden brown. Serve the eggplant parmigiana hot or warm in the baking dish.



You don't have to salt the eggplants (in step #1) but know that they will emit a lot of water during baking. It won't look as «presentable» but the cooking juice tastes pretty good so it's up to you... You can stir-fry your eggplants instead of baking them in the oven but it will take longer and your eggplants will be more greasy as they soak up more oil... A tip to make them lighter is to coat with a brush both sides with egg whites (prepare 2) and to stir-fry them like this. The egg whites will prevent the eggplants from turning into sponges. Please do not buy grated parmesan! It always will be more dry if you grate it at the last minute.

Easy enough
Prep Time: 45 min.
Cook Time: 60 min.
Not inexpensive
Gluten free
Veggie

Ingredients for 6 people:

You will need a deep baking dish

3 medium size eggplants
1 lb mozzarella
2.6 lbs ripe tomatoes
1 minced garlic clove
1 large chopped onion
½ tsp. sugar
A few pinches of freshly grated nutmeg
½ tsp. dried oregano
A few basil leaves
1.7 oz. freshly grated parmesan (or pecorino)
Olive oil
Coarse salt
Salt
Pepper grinder

Variations:

You can replace the mozzarella by adding more parmesan or use a different grated cheese. Off season, you can substitute fresh tomatoes with canned tomatoes (quality ones!) or 17.5 oz. tomato puree. You can complete your dish with a thin layer of breadcrumbs.

