Parmigiano Reggiano Herb Crusted Eggplant with Linguine

Eataly Magazine (June 07, 2019)



In this simple, yet light dish, fresh eggplant is coated in a cheesy breadcrumb mixture and roasted in the oven until golden brown. Just before serving, they are tossed together with a light tomato sauce and linguine pasta.

Yield: 4-6 servings

For the eggplant:

2 medium to large eggplants (cut into 1/2" rounds)
1 tbsp sea salt (for removing moisture from the eggplant before cooking)
2 cups Rosemary Germinal Organic Crackers, finely ground into a course meal
1 tbsp Italian seasoning (such as basil, oregano, and rosemary)

1 cup Parmigiano Reggiano DOP cheese
1 cup all-purpose flour
2 eggs
Extra virgin olive oil
1 cup mozzarella cheese, shredded

For the tomato sauce:

1 jar of tomato sauce (or make your own)
1/4 teaspoon crushed red pepper flakes
fresh parsley
450 gr linguine pasta

In a large glass pan, add the sliced eggplant and sprinkle evenly with the salt. Place paper towels underneath and on top of eggplant to pull out moisture. Let it sit for 30 minutes.

Preheat the oven to 400 degrees F and place two baking sheets in oven to preheat.

In a small bowl, add the eggs. In a separate large bowl, combine the breadcrumbs with the 3/4 cup of Parmigiano Reggiano and seasonings.

In a sealable plastic bag, add the flour and toss the eggplant until completely coated in the flour. Be sure to remove any excess flour.

Take the flour-coated eggplant and dip in the egg mixture until completely coated. Follow with the Germinal Organic "breadcrumb" mixture. Repeat until all eggplant slices have been coated.

Remove the preheated baking sheets, grease the sheets, and place coated eggplant rounds on the baking sheets.

Bake for 25 minutes or so. Sprinkle on 1/4 cup of Parmigiano Reggiano cheese just a few minutes prior to the end of the cooking time. Remove eggplant once golden brown.

In a saute pan, cook tomato sauce, red pepper flakes, and fresh parsley on medium heat for 10 or 15 minutes. Meanwhile, cook linguine in a large pot of salted, boiling water until al dente.

Drain linguine and add to the tomato sauce. Add in the eggplant and mozzarella cheese. Toss together. Serve with freshly grated Parmigiano Reggiano cheese.

Recipe courtesy of Germinal Organic and developed by @fitfoodiekae

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