

Ian's Eggplant Parmigiana

Category: Italian

Servings: 2

Rating: 10

Source: Ian Smith

Description:

If you can find (or make) good gnocchi, they are even better than fettuccine.

Serve a Chianti or Valpolicella with this dish. The acid in the tomatoes will nicely complement a lower priced Italian wines' often acidic style.

Ingredients:

i	eggplant	2 medium or 1 large
i	salt	1/4 teaspoon
i	olive oil	1/4 cup, or so
i	onion	1 medium chopped
i	garlic	2 large cloves, sliced
i	tomato	28 ounce tin, finely chopped
i	tomato paste	2 tablespoons
i	red wine	2 tablespoons
i	oregano	1/4 teaspoon, dried
i	pepper	several turns
i	Hy's Seasoning Salt	1/4 teaspoon
i	chili flakes	1/4 teaspoon
i	brown sugar	1 teaspoon or to taste
i	peychaud bitters	dash (Angostura can substitute)
i	butter	2 tablespoons
i	shallot	1/4 cup, or so
i	mushroom	2 cups sliced, shittake or crimini
i	parsley	2 tablespoons, minced
i	basil	2 tablespoons, minced
i	mozzarella cheese	4 ounces thinly sliced (enough to cover the eggplant)
i	fettuccine	enough for 2
i	basil	fresh sprigs to taste
i	parmesan cheese	ground to taste

Instructions:

Slice the eggplant in 3/8" slices, lightly salt them on both sides, and let sit for 30 minutes. Pat dry, pepper lightly, and paint both sides lightly with olive oil. Bake in a 400° oven on a baking pan lined with parchment paper until browned on one side, turn, and brown on the other, approximately 20

minutes. Sometimes it helps to turn them more frequently to make sure that all the moisture evaporates. They are much better if they are dry and crisp.

Sauté the onion and garlic in 2 tablespoons of olive oil until close to, but not brown. Add the tomatoes and tomato paste, wine, and dry herbs and spices. Simmer for 30 minutes, stirring occasionally, and adjust the seasonings. While this is simmering, sauté the shallots in butter until softened and then add the mushrooms. Continue cooking until they are lightly browned. Add them to the sauce along with the fresh herbs for the final 10 minutes of simmering. Continue cooking until the sauce is the right consistency; most of the liquid evaporated, but still saucy.

Cover the eggplant slices with mozzarella cheese and then sauce, and bake in the oven until the cheese melts. Finish under the broiler until lightly browned and serve with al dente fettuccine, parmesan cheese, fresh basil, and extra sauce.