

EGGPLANT PARMESAN

This is a familiar vegetarian dish. We make it with fresh eggplant that is pre-baked, as opposed to breaded and fried. The breadcrumbs are sprinkled between the layers to mimic the traditional texture.

SERVES 50 ADULTS

INGREDIENTS

10 lb. eggplant
3 cups oil (or more as needed)
2 tablespoons salt
1 tablespoon black pepper
½ cup dried oregano
1 #10 cans of low-sodium spaghetti sauce
4 to 5 cups breadcrumbs
4 cups grated parmesan
8 cups of low-sodium mozzarella, shredded
1 cup chopped fresh basil or ½ cup dried basil

DIRECTIONS

1. Preheat oven to 325°F degrees.
2. Slice eggplant into ½ inch slices, leaving skin on. In batches, toss the slices in the oil and lay them on full sheet pans that are lined with parchment paper, wax paper, or foil. Sprinkle eggplant with small amount of salt, black pepper, and dried oregano.
3. Cook in oven for 15 to 20 minutes or until just starting to become golden brown. Remove from oven.
4. Coat the bottom of hotel pan with thin layer of spaghetti sauce. Lay eggplant on top of sauce closely but not overlapping. Sprinkle 1 cup of breadcrumbs over the eggplant evenly.
5. Sprinkle 2 cups of mozzarella over the breadcrumbs. Sprinkle 1 cup of parmesan cheese over the mozzarella. Add another layer of sauce.
6. Then make one more layer of all ingredients, eggplant, bread crumbs, mozzarella, ending in a layer of parmesan cheese.
7. Cover with foil and bake for 15 to 20 minutes. Remove foil and bake another 5 to 7 minutes until bubbling hot and golden brown on top.