

Parmigiana di Melanzane

Layers of fried eggplant, tomato sauce, basil, and cheese baked until bubbling and golden.

Parmigiana di Melanzane finished dish

Ingredients

- 3 large eggplants, sliced lengthwise
- Salt for purging eggplant
- Olive oil for frying
- 700 ml simple tomato sauce
- 250 g mozzarella, diced and drained
- 90 g Parmigiano Reggiano, grated
- Fresh basil leaves
- Black pepper

Method

1. Salt eggplant slices and rest 30-45 minutes; rinse and pat dry.
2. Fry slices in olive oil until lightly golden, then drain on paper towels.
3. Spread a little tomato sauce in a baking dish.
4. Layer eggplant, sauce, mozzarella, Parmigiano, and basil; repeat layers.
5. Finish with sauce, Parmigiano, and a few basil leaves.
6. Bake at 190 C (375 F) for about 35-40 minutes until bubbling and browned.
7. Rest 15 minutes before slicing for clean layers.

Notes

Traditional Italian preparation; adjust seasoning to taste and use the best quality ingredients available.

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