



# SAVOR THE BRONX



Arthur Avenue Italian Deli  
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[www.arthuravenue.com](http://www.arthuravenue.com)

# MIKE'S DELI FAMOUS EGGPLANT PARMIGIANA

AS SEEN ON FOOD NETWORK

## Ingredients

- 2 large eggplant
- 4 eggs
- Flour
- Breadcrumbs for coating the eggplant\*
- 1 quart marinara sauce\*
- 4 oz grated Romano\*
- 8 oz sliced dry mozzarella\*
- Olive oil or vegetable oil\*

**\*NOTE:** All ingredients can be purchased fresh at the Arthur Avenue Deli

## Instructions

Peel the eggplant & slice  $\frac{1}{4}$  of an inch thick slices  
Then Coat each side with flour.

In a separate bowl beat eggs and dip the eggplant coating both sides. Do the same with the breadcrumbs.

Heat up a pan w/ oil, once the oil is hot put the eggplant in the hot oil and fry until golden brown.  
NOTE: You can also use a deep fryer and leave in for about 2-3 minutes.

Once all of the eggplant has been fried, place in a rectangular baking pan and start the layering by adding the marinara sauce to the bottom of the pan, then the eggplant, more sauce, fresh mozzarella, Romano cheese, and continue to layer until you have reached the top of the pan. Top off with sauce, mozzarella, & grated Romano

Heat the oven to 350\* and cook the Eggplant Parmigiana for 20-25min.

