Fried eggplant

For one large eggplant

Preparing the eggplant

Eggplant skins are edible but can be tough and bitter depending on how young and fresh the eggplant.

Option 1 Soaking in a last brine solution may pull out the bitterness. Let soak 15 minutes to one hour. Rinse and allow to dry on paper towel or a cooling rack.

Option 2 Peel the eggplant

Slice the eggplant into rounds about ¼ inch thick.

Preparing the coating

Beat 2-3 eggs, more are needed depending on the size of the eggplant

Option 1 use 2 cups of dry breadcrumbs

Option 2 use 1 cup bread crumbs with Italian seasoning and one cup panko bread crumbs

Preparing the dish- repeat for each eggplant slice

Dip each eggplant slice into the egg wash

Put the egg coated piece into the coating mixture, coat both sides

Place the coated piece onto a cooling rack or plate

Cooking the eggplant

Heat cooking oil in a skillet to cover the skillet bottom about 1/8 inch.

Cook until nicely browned and then turn over, cooking time on each side should be about 2-3 minutes.

Serve warm with dry parmesan cheese on a plate or on a bun.