

Eggplant Schnitzel Cacciatore

While blending two recipes and two cultures, we've created a dish that is worth the extra effort. After eating this, you'll never have plain spaghetti again—unless of course you make your own sauce (like we do on p. 60).



INGREDIENTS:



- 1 (14.5-ounce) package thin spaghetti
- 1 medium or large firm eggplant, peeled, dehydrated, and sliced (as described below)
- 5–6 tablespoons kosher salt
- 1–2 cups all-purpose unbleached flour (use as needed)
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 extra-large eggs, beaten
- 1 package (2 cups) Panko bread crumbs (use as needed)
- 1½ cups plus 2 tablespoons extra-virgin olive oil
- 3 medium white or yellow onions, diced
- 1 (10-ounce) package crimini mushrooms, thinly sliced
- 3 cloves garlic, minced
- 2 (14.5-ounce) cans Italian-style stewed tomatoes
- Shredded Parmesan cheese, to taste



DIRECTIONS:



Cook the spaghetti in salted water according to the package directions.

Peel the eggplant, cut off the ends, and slice it into ½-inch circular disks. Place the eggplant in a large colander, in layers, with about 1 tablespoon of salt on each layer. Insert a paper towel between the layers to absorb any excess liquid. When you have finished layering the eggplant, place a stockpot (full of water and heavy) on top. Let the eggplant stand for 60 to 90 minutes until it is a little brown and dehydrated.

Set up a breading assembly line: one bowl with the flour, garlic powder, and onion powder; one bowl with the beaten eggs; and one bowl with the bread crumbs.

To bread the eggplant, dip a piece of eggplant into the flour mixture and shake off any excess. Dip the eggplant into the egg, coating the entire piece, and then into the bread crumbs, making sure the piece is fully covered. Set each piece aside on a plate as you bread the rest.

To fry the eggplant, heat 1½ cups of olive oil in a 10- or 12-inch high-sided saucepan. When you see the oil shimmering, put in 3 or 4 pieces of eggplant and fry on each side for about 6 minutes until they're golden brown.

Let the eggplant cool on a paper-towel-lined plate while the others are frying. You also can put the eggplant pieces (after they've drained on the paper towels) onto a baking sheet and then into a 200-degree oven to keep warm.

Meanwhile, pour 2 tablespoons of oil into another 10- or 12-inch high-sided pan over high heat. When you see the oil shimmering, add the onions and 2 tablespoons of kosher salt, and sauté for 5 to 10 minutes until the onions soften. Add the mushrooms, reduce the heat to medium, and sauté for 10 to 15 more minutes, until the mixture is soft and brown. Add the minced garlic and cook for 1 minute. Add the tomatoes and sauté for about 10 minutes, crushing the tomatoes as they cook.

Add the cooked spaghetti to the pan and mix well. Cook for 10 to 15 minutes, until everything is piping hot.

Serve the eggplant on a plate, covered with the pasta. Sprinkle Parmesan cheese on top as desired.

Makes 4 to 6 servings.

PASSOVER FRIENDLY TIPS:

Use Passover bread crumbs instead of Panko bread crumbs.
Use spaghetti that is kosher for Passover.

Eggplant Parmesan Casserole

If you smile just the right way, Elana will admit she really only likes eggplant in this form. So we ask that you make this for the eggplant doubters in your crowd—and then let us know how many people you converted.



INGREDIENTS:



- 1 large firm eggplant or 2 medium ones, peeled, dehydrated, and sliced (as described below)
- 5–6 tablespoons kosher salt
- 1–2 cups all-purpose unbleached flour (use as needed)
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 extra-large eggs, beaten
- 1 package (2 cups) Panko bread crumbs (use as needed)
- 5 tablespoons extra-virgin olive oil
- 4 medium yellow onions, diced
- 1 (10-ounce) package crimini mushrooms, thinly sliced
- 3 cloves garlic
- 1 (28-ounce) can crushed tomatoes
- 8 ounces Parmesan cheese, shredded



DIRECTIONS:



Preheat the oven to 400 degrees.

Peel the eggplant, cut off the ends, and slice it into ½-inch circular disks. Place the eggplant in a large colander, in layers, with about 1 tablespoon of salt on each layer. Insert a paper towel between the layers to absorb any excess liquid. When you have finished layering the eggplant, place a stockpot (full of water and heavy) on top. Let the eggplant stand for 60 to 90 minutes until it is a little brown and dehydrated.

Set up a breading assembly line: one bowl with the flour, garlic powder, and onion powder; one bowl with the beaten eggs; and one bowl with the bread crumbs.

To bread the eggplant, dip a piece of eggplant into the flour mixture and shake off any excess. Dip the eggplant into the egg, coating the entire piece, and then into the bread crumbs, making sure the piece is fully covered. Set each piece aside on a plate as you bread the rest.

Pour about 3 tablespoons of olive oil onto a large cookie sheet and spread evenly. Place the eggplant on the cookie sheet, making sure that none of the pieces overlap. (Use two cookie sheets if needed.) Bake for 10 to 15 minutes per side, until the eggplant is golden brown.

Pour 2 tablespoons of oil into 10- or 12-inch high-sided pan over medium heat. When the oil shimmers, add the onions and 1 tablespoon of salt and sauté for 5 minutes. Add the mushrooms and sauté until very soft, 5 to 10 minutes. Add the minced garlic and sauté 1 minute. Add the tomatoes, reduce the heat to medium-low, and warm through for about 10 minutes. (You can keep it on low heat for up to 20 minutes.)

When the eggplant and sauce are done, it's time for the assembly. Spread a thin layer of sauce on the bottom of a 9 × 13 nonstick baking pan. Place the eggplant pieces on top, leaving very little space between the pieces. Spread another layer of sauce on top of the eggplant, then sprinkle on some of the Parmesan cheese. Repeat, creating layers, until all of the ingredients have been used. The top layer should be Parmesan cheese.

Bake for 20 to 30 minutes, until the cheese is melted and flavors are combined.

Makes 6 to 8 servings.

PASSOVER FRIENDLY TIP:

Use Passover bread crumbs instead of Panko bread crumbs.