

Parmesanlı Patlıcan (Parmigiana)

Klasik İtalyan Parmigiana tarifi. Katmanlı patlıcan, marinara sos ve peynirle hazırlanan nefis ana yemek. Detaylı anlatım ve ipuçları.

2h	45 min	2h 45min	8	Medium
HAZIRLIK	PİRME	TOPLAM	PORSİYON	ZORLUK

Parmesanlı Patlıcan (Parmigiana)

Malzemeler

- 2 eggplant
- 5 cup breadcrumb
- 1 tbsp oregano
- 6 egg
- 2 tbsp milk
- 7 cup marinara sauce
- 2 cup parmesan cheese
- 1 lb mozzarella cheese
- 1 tbsp olive oil
- 2 clove garlic
- 1 cup flour
- 1 tsp rock salt
- 1 tsp black pepper
- 1 cup basil

Yapılışı

- Prepare the eggplant**

Peel 2 eggplants and slice them into 1/2-inch thick rounds. Arrange the slices on a large baking sheet and generously salt both sides with 1 tablespoon salt. Let sit for 1 hour to draw out bitterness.
- Rinse the eggplant slices**

Rinse the eggplant slices thoroughly under cold running water in a colander. Pat completely dry with paper towels, pressing firmly to remove all moisture.
- Set up breading station**

Place 5 cups all-purpose flour in a shallow dish. Beat 6 eggs with 2 tablespoons milk in a second shallow dish. Combine 7 cups breadcrumbs, 2 cups grated Parmesan cheese, 1 teaspoon oregano, and 1 teaspoon black pepper in a third shallow dish.
- Bread the eggplant**

Dredge each eggplant slice first in flour, then dip in beaten eggs, and finally coat thoroughly in the breadcrumb mixture. Press gently to help coating adhere and arrange on clean baking sheets.

- 5 **Heat oil for frying**
Pour vegetable oil to a depth of 1 inch in a large heavy skillet. Heat oil to 375°F (190°C) over medium-high heat, checking with a thermometer.
- 6 **Fry the eggplant**
Working in batches, fry breaded eggplant slices for 2-3 minutes per side until golden brown and crispy. Transfer to paper towel-lined plates and season lightly with salt while hot.
- 7 **Make the sauce**
Heat 2 tablespoons olive oil in a large saucepan over medium heat. Add 2 minced garlic cloves and cook for 30 seconds until fragrant. Add 1 cup marinara sauce, 1 teaspoon salt, and 1 teaspoon sugar. Simmer for 10 minutes, stirring occasionally.
- 8 **Prepare for baking**
Preheat oven to 375°F (190°C). Grease a 9x13-inch baking dish with olive oil. Spread 1/3 of the sauce evenly across the bottom.
- 9 **Assemble the parmigiana**
Layer half the fried eggplant over the sauce, slightly overlapping. Spread half the remaining sauce over eggplant, then sprinkle with 1/2 cup Parmesan cheese. Repeat with remaining eggplant, sauce, and 1 cup Parmesan cheese.
- 10 **Bake**
Cover tightly with foil and bake for 25 minutes. Remove foil and bake 15-20 minutes more until cheese is golden brown and bubbling around edges.
- 11 Let rest for 15 minutes before serving to allow layers to set. Cut into squares and serve hot.

?puçlar?

Patl?can dilimlerini mümkün oldu?unca e?it kesin. E?it kal?nl?k, homojen pi?me sa?lar ve baz? parçalar?n fazla pi?mesini önler.

Tuzlama i?leminden sonra patl?canlar? iyice durulay?n ve ka??t havlu ile kurulay?n. Fazla nem, k?zartma s?ras?nda ya??n s?çramas?na neden olur.

K?zartma ya??n?n s?cakl???n? termometre ile kontrol edin. 200°C ideal s?cakl?kt?r; daha dü?ük s?cakl?kta patl?canlar ya? emer, daha yüksekte yanar.

Galetta unu yerine panko kullan?rsan?z daha gevrek bir d?? yüzey elde edersiniz. Panelemeden önce kuru baharatlar? galeta ununa kar??t?r?n.

Katmanlama yaparken kenarlar? bo? b?rakmay?n. Sos ve peynir kenarlardan ta?arsa, pi?me s?ras?nda güzel bir kabukla?ma olur.

F?r?ndan ç?kard?ktan sonra 10-15 dakika dinlendirin. Bu süre, katmanlar?n oturmas?n? ve dilimlerden da??lmamas?n? sa?lar.

Taze mozzarella kullan?yorsan?z, fazla suyunu ka??t havlu ile al?n. Aksi halde yemek sulu olabilir.

Parmesan peynirini taze rendeleyin. Önceden rendelenmi? peynirler o kadar lezzetli olmaz ve erime kalitesi dü?er.