

Eggplant Parm

Yield: 2 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-italian-eggplant-parm-recipe>

Ingredients:

- 1/2 cup olive oil
- 4 garlic cloves Minced
- 1 teaspoon red pepper flakes
- 28 ounces crushed tomatoes
- 28 ounces tomato puree
- 14 ounces water
- 10 basil leaves
- 1 teaspoon fine sea salt
- 1/2 cup AP flour
- 3 egg whites Lightly beaten
- 1 pinch fine sea salt
- 1 cup bread crumbs Coarse
- 1 1/2 ounces Pecorino Romano cheese Grated, about 1/2 Cup
- 1 teaspoon freshly ground black pepper
- 2 teaspoons dried oregano
- 1 eggplant
- 2 tablespoons kosher salt
- 2 cups vegetable oil
- 2 ounces low moisture mozzarella cheese
- 1/2 ounce Pecorino Romano cheese Grated