

Eggplant Parmesan

A hearty and flavorful vegetarian main course featuring breaded and baked eggplant slices layered with marinara sauce and mozzarella cheese, enhanced with a touch of Earl Grey Moonlight tea for a subtle, aromatic flavor.

PREP TIME: 30 minutes

2 lg eggplants, sliced into 1/2-inch rounds
1 C all-purpose flour
2 lg eggs, beaten
1 1/2 C breadcrumbs
1/4 C grated Parmesan cheese
1 t dried oregano
1 t dried basil

COOK TIME: 45 minutes

1/4 C Earl Grey Moonlight tea, brewed and cooled
Salt and pepper to taste
2 C marinara sauce
2 C shredded mozzarella cheese
1/4 C grated Parmesan cheese (for topping)
Fresh basil leaves (for garnish)

PREHEAT THE OVEN to 375°F.

IN A SHALLOW DISH, place the flour. In another shallow dish, place the beaten eggs. In a third shallow dish, combine the breadcrumbs, grated Parmesan, oregano, basil, salt, and pepper.

DIP EACH EGGPLANT slice first in the flour, then in the beaten eggs, and finally in the breadcrumb mixture, pressing to adhere.

PLACE THE BREADED eggplant slices on a baking sheet lined with parchment paper.

BAKE FOR 20 MINUTES, flipping halfway through, until golden brown and crispy.

IN A BAKING DISH, spread a layer of marinara sauce. Arrange a layer of eggplant slices on top.

DRIZZLE WITH BREWED tea and sprinkle with mozzarella cheese. Repeat layers, ending with marinara sauce and mozzarella cheese.

SPRINKLE WITH GRATED Parmesan cheese on top.

BAKE FOR 25 MINUTES, or until the cheese is melted and bubbly.

GARNISH WITH FRESH basil leaves before serving.

Roasted Garlic Mashed Potatoes

A creamy and flavorful side dish of roasted garlic mashed potatoes, perfect for pairing with Eggplant Parmesan. Enhanced with a touch of Cream tea for a rich, buttery flavor.

PREP TIME: 15 minutes

COOK TIME: 30 minutes

4 lg russet potatoes, peeled and cubed
1 head garlic, roasted
1/2 C heavy cream
1/4 C Cream tea, brewed and cooled

1/4 C unsalted butter
Salt and pepper to taste
Fresh chives (for garnish)

IN A LARGE POT, bring water to a boil and cook the potatoes until tender, about 15-20 minutes. Drain and return to the pot.

SQUEEZE THE ROASTED GARLIC cloves into the pot with the potatoes.

ADD THE HEAVY CREAM, brewed tea, and butter. Mash until smooth and creamy.

SEASON WITH SALT and pepper to taste.

GARNISH WITH FRESH chives before serving.

Balsamic Glazed Carrots

A sweet and tangy side dish of balsamic glazed carrots, perfect for complementing the eggplant Parmesan. Enhanced with a touch of Blood Orange tea for a citrusy flavor.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

1 lb carrots, peeled and cut into sticks
2 T olive oil
1/4 C balsamic vinegar
1/4 C Blood Orange tea, brewed and cooled

2 T honey
Salt and pepper to taste
Fresh parsley (for garnish)

IN A LARGE SKILLET, heat the olive oil over medium heat. Add the carrots and cook until tender, about 10 minutes.

IN A SMALL BOWL, whisk together the balsamic vinegar, brewed tea, honey, salt, and pepper.

POUR THE MIXTURE over the carrots and cook for another 5-10 minutes, or until the glaze is thickened and the carrots are caramelized.

GARNISH WITH FRESH parsley before serving.