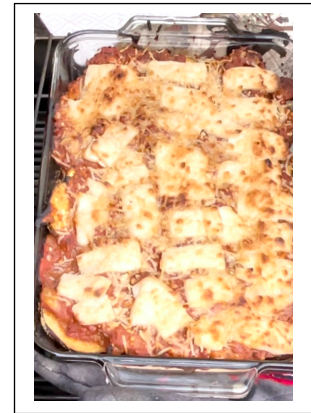


Romesco Caponata Parmigiana

Eggplant Parmesan w/Almond Marinara



INGREDIENTS

Extra Virgin Olive Oil (EVOO) as Needed for Saute'

2 Eggplants sliced, 1/2" rounds

1 large Onion Chopped

4-6 Cloves Garlic or 1 tsp powdered

30 oz Tomatoes Diced (canned or fresh)

2 Tbsp Italian Herbs or 1 C Fresh (Oregano, Basil, Thyme, Rosemary, any combination)

1/4 C Balsamic Vinegar (this is the essential part of the Caponata, in a pinch you can use red wine vinegar, but use less maybe 3 Tbsp's)

1/2 C Tomato Paste

4 Anchovy Fillets Chopped

1/4 C Capers Chopped

1 tsp Salt (or as needed)

1 tsp Black Pepper (fresh ground if possible and as needed)

2 Eggs Scrambled (for eggplant egg bath)

1 C Bread Crumbs (I used corn flake crumbs, any type will do, even course almond flour).

2 Bell Peppers Julienned (or other mild pepper, matchstick size pieces)

8 oz Mozzarella Sliced Thin or Shredded (I used Miyokos Vegan Mozzarella)

2 oz Parmesan (I used Follow Your Heart Vegan Parmesan)

DIRECTIONS

1. Salt (2 Tbsp's) eggplant in water for one hour. This will take out some of the bitterness of the eggplant. Make sure salt is dissolved in the water.
2. Preheat large dutch oven or deep dish frying pan. Also preheat oven to 400° F.
 - a. Add 2 Tbsp's EVOO.

- b. Saute' onion for 4 min until slightly translucent,
 - c. Add garlic for 2-3 minutes.
 - d. Add tomatoes and saute' for 4 minutes.
 - e. Add herbs, vinegar, tomato paste, anchovies, capers, Salt n Pepper.
 - f. Continue to cook on low for 10-15 minutes. This is not an all-day pasta sauce like your grandma used to make. We want it fairly bright and fresh, it will cook further in the oven.
3. Drain eggplant rounds
 - a. Dip in egg bath, then in bread crumbs.
 - b. Lay eggplant rounds on un-greased cookie sheet in one layer.
 - c. Cook in pre-heated oven at 400° F until golden brown. Flip half way through cooking if you want crispiness or texture on both sides of the eggplant.
 - d. Place your caponata casserole dish in the oven to preheat. Increase heat to 450° F.
 4. Assemble dish
 - a. Place layer of peppers in bottom of pre-heated casserole dish.
 - b. Place layer of cooked eggplant in casserole dish. Double layer is ok.
 - c. Cover eggplant with hot romesco.
 - d. Place layer of mozzarella over romesco, followed by parmesan.
 - e. Cook in pre-heated 450° F oven until cheese is browned and dish is heated through.