

# THE CULINARY

*Playground*



## **Eggplant Parm Steaks**

4 thick slices of peeled eggplant per kid

### **Set up Dredging Station - for every 2 kids**

1/3 Cup all-purpose flour

1/4 teaspoon pepper

1 Large egg

1/2 cup seasoned breadcrumbs

1/4 cup grated Parmesan cheese

In 1 bowl add flour and pepper and combine.

In 2nd bowl crack the egg and lightly scramble. In 3rd bowl, add breadcrumb and cheese.

One by one, dip eggplant in flour, shaking off excess. Then dip eggplant slices in egg and let excess egg run off.

Coat slices evenly with bread crumb mixture. Repeat with remaining eggplant.

Preheat oven to 350 degrees.

### **Pan Fry Eggplant**

1/8 cup olive oil (more if needed)

Add olive oil to a pan and heat over medium. When oil is hot, add 4 eggplant slices into pan and cook undisturbed for 3 to 5 minutes per side. Remove from pan into baking dish.

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## **Top Eggplant**

Marinara sauce

Basil leaves

Whole slices mozzarella

Transfer eggplant to baking tray and top each slice of eggplant with a spoonful of marinara, a large basil leaf and a slice of cheese, top with a sprinkle of grated parmesan. Bake 25 minutes until cheese is golden and melted.