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Fried Eggplant

- * 1 large eggplant
- * Salt and Pepper
- * Vegetable Oil
- * 1 tablespoon Extra Virgin Olive Oil

1. Peel the eggplant, remove the seeds, and cut into pieces about one and one-half inches long and three-quarters of an inch wide.
2. Place the eggplant pieces on a plate, sprinkle well with salt and leave standing for an hour or so.
3. Wrap the pieces in a cloth and twist it around so as to squeeze as much juice as possible from the eggplant without breaking.
4. Heat the vegetable oil in a frying pan
5. Sprinkle the eggplant slices with flour, covering each side well, and place the eggplant pieces in the frying pan.
6. As each piece is nicely browned take, remove from the frying pan, sprinkle with salt and lay on a paper towel to drain the oil.
7. Serve.

Courtesy Rufus Estes, "Good Things to Eat"

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