


Ep 42

Eggplant parmesan recipe extravaganza:  Fall in love with this saucy cheesy goodness!

Speaker 0:00

Welcome back FOOD FAQ-ers! I'm Mariela.

Speaker 0:03

And I'm Eric.

Speaker 1 0:04

And on today's episode, we're really getting cozy.

Speaker 0:08

Yeah, it's getting a little cooler up here, muddy.

Speaker 1 0:11

That's delicious. I cannot wait to experience it myself. Yes. When you told me you were making this today, I thought, yeah, this is the second time this week I hear about eggplant.

Speaker 2 0:20

Yeah. So the other day I was just laying in bed watching Tik Tok. And I have one of my favorite tick talkers, their mother and daughter pair mom and chill and doll. She goes my dolly there you actually have a sauce recipe that I love. And I make it all the time. Yeah. And they made a an eggplant parm. And what is the end of the cooler so I'm using my oven now. It like lingered in my head for like three days. I don't actually really crave something like a plant farm. But for some reason, the way this was made fucking delicious.

Speaker 0:57

It got you going big day. No, it really

Speaker 2 0:58

did like, last night, Ryan, I have some friends in town. And we went out for Korean barbecue. And part of me my head was just like, kind of about a half a pint par. But the Korean barbecue is really good, too. So today, I woke up and I said it's a Sunday. So I'm gonna make a sauce today. So therefore, I'm gonna do a plant farm. And just so you know, this recipe is like a labor of love. It takes quite a bit. This is not Yeah. Through the FAQ type thing that we do sometimes. This is definitely something it's easy to do, but it's something that's going to take time. So this is really like a weekend type of recipe.

Speaker 1 1:38

It's like a project and we're getting you ready early so that you can gather materials and get it going for the weekend.

Speaker 2 1:44

Exactly. First thing we got to do is you wanna get your sauce started. So the site takes about three hours cuz you're gonna let it simmer for a couple hours. It is but it's really good. So what I do is you can just get three of the big cans of the crushed tomatoes. If you want to kind of blend it a bit. You can do like crushed tomatoes, you can do tomato sauce, whatever it may be the three big cans, like we talked about. It does not have to be the San Marzano but if you want to spend the money on San Marzano, go right ahead and do so you're gonna get your three big cans and get yourself a big pot. Chop up one yellow onion. And about two tablespoons teaspoons of garlic. I do pre minced garlic, I don't chop my garlic, that's just makes life easier. Third of the big pot with olive oil, let that get simmering, like you know, fragrant, delicious. And then I use dried basil and dried oregano and just basil oregano the shit out of it. And I use some core

Speaker 2:43

unit of measure that we use here.

Speaker 2 2:45

That's exactly what it is. Like you, you just you just measure until your heart knows that it's done. And I got some core sea salt. Be careful the sea salt and we'll get to that in a minute why you want to be careful with it. And some ground black pepper and I put it in there and a sauteed it all together. And I threw those three big cans of the crushed tomatoes in there. And about two tablespoons of tomato paste. And I got simmering, and then this is where it gets fatty and delicious. I didn't make a lot of sauce. Now it did make a loss of some purpose because I am going to use sauce later on this week. So the recipe did not end up using all the sauce so you can scale it back. Then we throw a block of cream cheese in there. A tablespoon of sugar. Yeah, and I actually did something different. This week, I put just like two pinches of baking soda into the sauce also and it really takes down the acidity of the baking soda. The sugar does add a little sweetness to it and I like that. But this really if you don't like the sweetness, use a baking soda. It did very quickly take down we get sympathy of the tomatoes. Interesting. And then a couple of splashes of heavy cream and then again, we season the hell out of it again.

Speaker 1 3:58

Oh wait a minute. I thought you added the cream cheese at the end. So you do it at the beginning that did all the beginning. Oh shit and then you simmer for that long. Yep. And it doesn't hurt or anything interesting.

Speaker 2 4:07

Amos let it simmer. And again re season the hell out of it. Because now we taste your food. Yeah tastes it sure you season it you're gonna need to and honestly just let it go to simmer for a couple hours stirred every so often when I go to simmer. Okay, so it's about two and a half hours. I took three big beautiful eggplants and rinsed them off and I just sliced them always bow um, but a half an inch. Maybe you could go as high as an inch but I like a little bit thinner. Me to slice them and I put them aside and then I just took two bowls, cracked a couple eggs and mumbled beat it and then I went ahead and put my Italian bread crumbs on another bottle. So now how my stations all set up. Then what I do is I take the eight plants and I salted them. So you're going to sprinkle salt all over the eight plants. You And you'll let it go for about 1520 minutes don't touch it, it's when is sweat like when you come back, it's literally the beads of sweat is coming out. Don't wash the egg pamper, you want to pat it dry. So this is why I said in the beginning Be careful with the salt and take in your pasta sauce because the aka is gonna be salted now, at this point you when you pat it dry, and then what I did is you take each piece of eggplant and you dip it in your egg, you dip it in your breadcrumbs, and he put it in a pan of olive oil and you let it get all crispy. Don't cook it all the way though. Just let it get crispy. And then a baking sheet I took two ladles of the red sauce, put it at the bottom of baking pan. baking pan excuse me, thank you. Yeah, layer to put some sauce at the bottom. And then I went ahead and put a layer of eggplants and then a layer of mozzarella cheese. Some sauce question, ma'am.

Speaker 1 5:57

Did you shingle it because I like to shingle it? Like really slightly overlap? Or did you just always slightly a little bit overlap? Oh, that's like my favorite thing to do egg pie. I don't know why I like fishing. Well, I

Speaker 2 6:06

think it gives you like more of a mouthfeel. Right. It's something about it. I agree. And also it covers up the pinup more. So you have more of a layer of the a plant absent and you just keep layering it you just layer a plant cheese sauce. Vanya boss, it's essentially a lasagna. That's what you're doing. And just let you know, I don't like grated cheese. So I degraded from the break myself. It's so much better. It does his a lot better than they did if you want to get the melt so much better. If you want to use grilled cheese not a big deal. It's fine. So I go ahead, I make my essentially a pointless honey at this point with the fried eggplant pieces are delicious. And then on top, I went ahead and I put a generous layer of Parmesan cheese. Now here's the thing. You know, here at Food FAQ, we're not bougie with food, but I will say I'm really brutal when it comes to Parmesan cheese. I don't get the green stuff, the craft green stuff, and I don't get that shit. Okay, I'm not a stranger to it. But in this I'm not a stranger to it, but I don't, I don't get it. So

Speaker 1 7:01

this dish requires that you spend a little bit more money

Speaker 2 7:04

but a couple month box it just give me a couple bucks, but it's the really good stuff and just sprinkled all over it a generous layer. Put it in a 400 degree oven for about 3540 minutes. And it got all bubbly and I got crispy on the edges and let it rest for about 25 minutes because this was molting hot. This shit was so fucking good.

Speaker 7:24

Is this like compact? Right when you cut into it? It's a chunk.

Speaker 2 7:26

Yeah. So good. Medela this was so this hit every fucking spot. Okay. And it's a meatless dinner. And once a while it's good to have a meatless dinner, a meatless meal. Yeah, you know, it's funny because Ryan doesn't really like to try new foods. And so of course, I gave him I let him try it. And he was like, Holy shit, it tastes like meat. I'm like, it doesn't, but it's meaty. So I can see where he can say that, you know, it's just so good. With money. It was like, you have to try this like just make it anybody listening out there. You have to make as I had my dad and that sauce by the way. So I have a whole mess of that sauce still left like a good job plus size left of it. So again, we want to scale on it. So as we scaled down, but if not, now I have a whole second meal that I can do. And the way my sauce and it's it's it's homemade sauce. So that's right in the refrigerator.

Speaker 1 8:28

Did you add because I know that sauce when you've made it for me historically. Historically, it has zucchini and all this other stuff in it. Yeah,

Speaker 2 8:38

I did not add that to this. So yes. We have mushrooms and zucchini and things like that. I did not add it to this and good. I think when I think when I saw the original tic toc about it I think the reason why wasn't at this is because it's going on a plant whereas traditionally when I make that type of sauce it's either for lasagna it's we're you know some type of pasta dish or big pasta dish where it's nice to have the element of the vegetables and in all honesty when I've made a sausage in the past I made the vegetables chunky because I liked the vegetables chunky but you're supposed to actually very fine fine fine, fine fine. Chop it up and supposed to come together with like the onions and stuff like that. I don't have

Speaker 1 9:14

a love hate relationship with zucchini and I absolutely hate mushrooms. So but the sauce itself like the sauce part is really delicious. I used to love mushrooms when we were young. I did in the 90s when everybody you

Speaker 2 9:27

look you must remember our time. One time I'll never forget we must have been in high school and we went to the Cheesecake Factory. You know we're because we're very adult really excited to go on our own. And we went to the Cheesecake Factory and I don't know why I'll never forget this and you ordered a portobello sandwich. And you took a bite out of it and you were very upset with this with something ordered. I get this Imagine you're just sitting there and you're just like very upset over this but you you had quite an infatuation with mushrooms I did

Speaker 1 9:59

in The 90s When everybody discovered portabella mushrooms existed, I feel like no one knew that they were a thing, just like sun dried tomatoes like now, I even tried to eat the sun dried tomato recently and I was like, like I have, like, you know, when you have that one drink that you get to drunk off of and you can never have it again, Southern Comfort. Okay, for me, it's seven and seven. So gin and tonic. Boop. Want to die every time I even smell gin. So that's like the equivalent foodwise of mushrooms for me. I can and even the sun dried tomatoes.

Speaker 2 10:31

might play something. Let me tell you something. My favorite drink is Bombay Sapphire with tonic.

Speaker 1 10:40

I mean, good drink, but I just like I'm literally I have goosebumps thinking about all the vomiting I did.

Speaker 2 10:47

That was like me with Southern Comfort. I was like 22 years old. And it was a mixed drink and a hot southern comfort in it. And, uh, for like, five years, six years, like basically the rest of college. Yeah, if I had any mixed drink that had any southern comfort in it. It was like just as vile taste it was I would reject it immediately. Yeah, I think everybody has that one drink one drink. There's

Speaker 1 11:14

always that one drink that you have. My husband Kendrick vodka.

Speaker 11:18

Really? Really,

Speaker 11:22

of any kind? He isn't he cannot.

Speaker 11:25

Yeah, I guess we all have that one drink. But I mean,

Speaker 1 11:28

so listen back to this eggplant. I've made this before. I absolutely love eggplant parmesan. And the only thing I do differently is when I bread, which is something that I do you know, we got to talk about my chicken cutlets. This is something you make the

Speaker 11:41

best chicken cutlets period. Yeah, we

Speaker 1 11:43

got to talk. So what I do is first I put my breading station consists of three parts flour, egg panco generally, I don't really use Italian bread crumbs. But I always put it in the flour first then in the egg, and then in the breadcrumbs because I find like it adheres better. So when I make eggplant I do the exact same thing. But I imagine that it's probably not as necessary but it's just like a force of habit for me.

Speaker 2 12:11

So you know when I was making this and I thought about that when I was making this if I was making like an actual Apep Parmesan which was were like an actual eggplant parm, which was like, you know, a big you know, cup pieces of a plant that had been planted fried really nice and crispy. And then maybe some sauce poured on top of it. And that's about it. I got a sheet on the sheet. Exactly, I would have done something like that but because I figured this was layered it's gonna mush a bit anyways, yeah, so the process because I didn't think about that because this was not traditionally the normally normal way I would fry something. The other thing that I would change about this is I use olive oil to fry these in and there's a lot of a plant to fry so you're changing the oil quite a bit because all of our oil has that really low smoke point smoke point my smoke detectors went off twice for everything like fart and my fucking go off

Speaker 1 13:11

when I was making cutlets at your house and I had a cushion in one hand and my tongs after away the center

Speaker 2 13:25

yeah that's because I for everything Yeah, so I would maybe use a different oil to to fry and next time yeah, I would I would use a different oil but I am a an olive oil fanatic I love it to sell all over with everything. Me too so I use up all my treated as olive oil just let you know Holy Hannah you need to go back I need to go back it was a half full bottle that means I use like something like fucking like 16 ounces to get the ship fried but oh by the way when you do fry this I totally forgot about this when you fry this when you're done frying those eggplant cutlets let it dry on a paper towel before you layer up this apron apart because if not you're gonna end up the big oily mess true so dry them that say that drain them on paper towels because those were towels were soaked afterwards. It would have been just a nasty oily mess this shit was so fucking good like I can't stop talking about this like well I'm I can't wait to come home from work tomorrow so I can have leftover

Speaker 1 14:30

yum. It's gonna be better tomorrow. Yeah. I really like luxury in its yumminess

Speaker 14:38

I like these marinate

Speaker 14:40

Well, you know I like to use words

Speaker 2 14:44

or marry together and this honestly wasn't me on its own you don't need real items you need bread with it I mean anything like that you can start with a with a nice side salad if you want if you want to get some greens in there

Speaker 1 14:55

but that's already a vegetable guys just you know what Fuck it.

Speaker 2 14:58

Oh my god it is eventually Bull. Yeah, it's so good. You don't even remember this. The bad part is covered up I mean, it's a fried vegetable so you don't really think about that. But I mean, I love a good fried vegetable. Don't get me wrong. Do you like okra?

Speaker 1 15:16

I love Agra, and I grew up eating it. My mom used to make like a stew. And I have very fond memories of okra. Yeah, and I like your fried it doesn't scare me

Speaker 2 15:27

in the now people don't like because that slimy texture of Saudi texture. That doesn't bother me. Yeah, I

Speaker 1 15:32

love it. And I it's something I grew up eating had I not grown up eating it. I may be thinking a different tune, but Okay, wait a minute.

Speaker 2 15:39

Hold on. This is like off off topic here. But if you like okra, the slimy touch it doesn't bother you. Yeah. Do you like raw oysters?

Speaker 1 15:48

I have eaten them. I have enjoyed them. One time I broke out in hives. And that kind of scared me off a little bit. But I do enjoy them. Yeah, love always trips. Yeah, they're just like, it's a kind of you're rolling the dice. When you do eat them. You can get very sick. unknowingly.

Speaker 2 16:06

I mean, don't go to like, you know, some little dark corner.

Speaker 1 16:10

I never did that. I had about like a mainstream restaurant, but I mean, and that would eat them there all the time. Not a problem one day problem.

Speaker 2 16:18

Interesting. I mean, it's very, very rare that people I mean, there have been cases where people like,

Speaker 16:23

die. Yeah.

Speaker 16:26

That's a very rare day. Yeah.

Speaker 1 16:28

So I'm like, I don't know if I want to die for this. It's not that good.

Speaker 2 16:34

I mean, it's good, but it's not death. Good. I mean, now this this eggplant parm

Speaker 1 16:40

is it kills you. It's because the arteries are gonna harden immediately, but it will be worse. You know, why

Speaker 2 16:44

go the fucking smile on your face because that she was delicious. Like, I really, really want you to try this and tell me it's a labor of love. And I think that's what I want people to know this. This is there's no quick way around it now. I did think, Alright, is there possibly a healthier option? To do this? Because I was just frying this. I'm gonna say no, because I don't want to. Could you put it and grill it and make it this way? You can. It's not gonna be the same. But

Speaker 1 17:16

there are healthier options and part of this absolutely book club where we are part of a you are like in a distance part of a book club that we are called the longest table. You guys can look it up on Instagram. And someone mentioned this kind of idea. The same idea. You know, I'll link it in the show notes. It's like a healthier eggplant parm that doesn't require any branding. It's just like the layering of cheese and sauce and eggplant that really looked delicious. Absolutely. Good. But if you really want to get down and dirty and warm and have a nice cozy meal, this is delicious. And you have leftovers and you can invite a friend that bought for you then it's fried Eric and covered in cheese. Listen, you can think whenever you wish. Listen, enjoy it. Like how often do you see this kind of thing? Never. I never made this. Yeah, so you guys listen. And if you want to take a shortcut on the sauce, no one's judging you. We're not watching. You can do what you want. grab us jarred sauce and spend your time prying them up if you want right you spend your calendar the

Speaker 2 18:23

sauce like this because it was a Sunday absolute kind of time do it if I were to do something like this and this is like a Wednesday No, absolutely not. I would have used to charge sauce. Right and Dr. Prasad sauce. I will say though, this recipe for sauces freakin delicious. But if it was a weeknight week, let me tell you weeknights I can't tell you how many times he's a jarred sauce. Thanks absolutely all the time and no, I'm not gonna I'm not gonna I'm not gonna food shame anybody or food shame anybody shortcut because

Speaker 1 18:50

to do not I just thought of I've never you know, you make this creamy pasta sauce. I've never doctored up red sauce with cream cheese have you

Speaker 2 18:56

know, but I literally just made a red sauce with cream cheese if you're paying for the food, right?

Speaker 1 19:03

But listen, I'm saying if you're gonna jarred sauce and then you doctor it up with the cream cheese. It might be like, you know,

Speaker 2 19:10

for I am pretty cream cheese loving. So you've done this before? Maybe? I don't know that sounds like something I would do. I don't really

Speaker 19:19

try that because I think that might be kind of fun. The cream

Speaker 2 19:22

cheese adds this really good element to the sauce. It just It honestly it adds a luxury to it. And the big thing and I think especially with this because we're dealing with essentially just crushed tomatoes, there's nothing else to it. It pulls back that acidity. It cuts it ramen. It cuts a lot. I don't know about you, but sometimes if I eat things too acidic, I can get like those like little bumps in my mouth and stuff like that. Like

Speaker 19:46

herpes No, no, I

Speaker 2 19:47

don't know what the fuck that's not a herpes. It's for the love of God. Money Allah. That herpes on the outside on the inside the canker sore.

Speaker 1 19:56

Oh, correct. Oh, yeah, this is a whole different. I think you need a doctor. Do you know why? Think you might need to talk to

Speaker 20:03

get over the doctor's office? Um, no.

Speaker 1 20:07

No, I don't have that. But I definitely like sometimes it's just like not even appetizing because it's so like what it's like to I don't know, acidic. I don't like a lot of acidity. I'm like strong flavors. I've realized that about myself. I like when things are there themselves, but also, like, agreeable with the ingredients that you put in the pot. You know what I mean?

Speaker 2 20:27

No, because I love strong flavors. Like, I don't I mean, my favorite cheese on Earth is a blue cheese.

Speaker 1 20:34

I love blue cheese too. Like strong flavors. I just I'd like it when it's like, palatable. I hate when things are like. I don't know. I'm just getting older and more sensitive.

Speaker 2 20:46

You're getting older. That's a fact. It's such a bitch. I think I've no, but I understand what you're saying. When it comes to the acidity of the of the stuff. It's kind of, like I said, and a lot of things are super. Oh, man, we do some fucking all. A lot of things as super aesthetic. Don't really sit well with my stomach. Right? Exactly. Like nauseating. Like the next day or something. Like, I will say something about this recipe is when you eat it, you actually don't eat a lot of it, because it is very, very filling. Yeah, it's extremely rich. So I almost want to start with a salad because I almost want to cut it, the richness of it. But because it took a whole block of mozzarella cheese,

Speaker 1 21:27

yum. I couldn't use more. Yeah, you could use more than that. I could

Speaker 2 21:31

use more to top to put more on the top. But you can't go wrong. You can always use more cheeses.

Speaker 1 21:36

But you know what you can do? You could like use a shred in between the layers and on top, a nicer like milk before and once around. It's

Speaker 2 21:44

you know, so funny. A little shortcut like that does go a long way. Because I've done that before, but this was just so good just to I always buy the block when I want to shred when I want to have shredded cheese. So I mean, try this recipe.

Speaker 1 21:59

This is so mean like always selling me something and I'm a big guy. Yeah, man.

Speaker 22:04

I'm in sales. That's what I do for a living.

Speaker 1 22:07

All right, we hope you guys try this out. If you do, please go ahead and send us an email. Let us know how you're liking these recipes. And don't forget, we have a link in the show notes for our food FAQ kitchen notebook where you can organize all your ideas for the week and we'll help you meal plan. We created this useful tool for you with you in mind and it's only 699 So it's a good thing to get especially now before the holidays and boud extravaganza start, honey. Have a beautiful week. I don't know what you're mumbling over

Speaker 22:39

there. I said extravaganza.

Speaker 1 22:44

All right, you guys have a great week. We love you and we'll catch you next time.

Speaker 22:48

Love you guys. Bye bye

Let's unlock your kitchen confidence!

Mariela & Eric

Lets Connect!

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