

## EGGPLANT PARMESAN

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	34 g	9 g	5 g	31 mg	1209 mg	167 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATOES,CANNED,DICED,INCL LIQUIDS	26-1/2 lbs	2 gal 3-1/2 qts	
TOMATO PASTE,CANNED	9-1/4 lbs	1 gal	
WATER	8-1/3 lbs	1 gal	
ONIONS,FRESH,CHOPPED	3-3/4 lbs	2 qts 1 cup	4-1/4 lbs
SUGAR,GRANULATED	7 oz	1 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/4 tsp	
BAY LEAF,WHOLE,DRIED	3/8 oz	12 lf	
EGGPLANT,FRESH,UNPEELED,SLICED	18-1/2 lbs	6 gal 1-5/8 qts	19-1/8 lbs
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	1-1/2 lbs	2-3/4 cup	
EGGS,WHOLE,FROZEN	1 lbs	1-7/8 cup	
BREADCRUMBS,DRY,GROUND,FINE	1-7/8 lbs	2 qts	
CHEESE,PARMESAN,GRATED	3-1/2 oz	1 cup	
CHEESE,MOZZARELLA,SHREDDED	3 lbs	3 qts	

**Method**

- 1 Combine tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, red pepper and bay leaves; mix well. Bring to a boil; reduce heat; simmer 1 hour or until thickened, stirring occasionally. Remove bay leaves.
- 2 Sprinkle eggplant with salt. Let stand 30 minutes; drain.
- 3 Dredge eggplant in flour; shake off excess.
- 4 Reconstitute milk; combine with eggs.
- 5 Dip eggplant in milk and egg mixture; drain well.
- 6 Dredge eggplant in crumbs; shake off excess.
- 7 Fry 3 minutes in 350 F. deep fat fryer or until golden brown.
- 8 Place 1 layer eggplant in table pans. Pour 3 cups sauce evenly over eggplant in each steam table pan.
- 9 Add second layer of eggplant. Cover with remaining sauce, 3 cups per pan.
- 10 Sprinkle parmesan cheese evenly over sauce in each pan.
- 11 Sprinkle shredded mozzarella cheese evenly over sauce in each pan.
- 12 Using a convection oven, bake at 325 F. for 20 minutes or until cheese is melted. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.