



# Fried Eggplant and Meatball

## Ingredients

- 4 medium eggplants (about 2 lbs), cut into chunks
- 1 garlic clove
- 2 eggs
- ½ cup grated Parmesan and Romano cheese (mixed)
- Salt and freshly ground black pepper, to taste
- 1 tablespoon minced fresh parsley or basil
- 1 cup breadcrumbs, divided
- Olive oil, for frying

## Instructions

### 1. **Steam the Eggplant:**

Steam eggplant chunks until tender, about 10 minutes. Drain in a colander lined with paper towels, placing a weight (like a heavy bowl) on top to help press out excess moisture.

### 2. **Purée and Mix:**

After draining, squeeze the eggplant again by hand to remove more liquid. Transfer to a food processor with the garlic and purée until smooth. Place the mixture in a large bowl.

### 3. **Combine Ingredients:**

Stir in eggs, cheese, salt, pepper, and herbs. Let rest for 5 minutes, then gradually mix in breadcrumbs—just enough to firm up the mixture. It should be soft and moist, not dry.

### 4. **Form the Balls:**

With damp hands, shape the mixture into small balls or ovals.

### 5. **Coat and Fry:**

Roll the eggplant balls in the remaining breadcrumbs to coat. Heat olive oil in a deep pan or pot to about 360°F (medium-high heat). Fry the balls in small batches until golden brown, about 3–4 minutes per batch.

### 6. **Drain and Serve:**

Remove with a slotted spoon and drain on paper towels. Serve warm—optionally with marinara sauce and a sprinkle of Parmesan.