

INGREDIENTS

Eggplant

3 medium-sized eggplants

1 teaspoon of fermented garlic
(Kimchi Club recommended)

Salt

100ml of milk

2 eggs

1 pack panko breadcrumbs

Flour

Vegetable oil (or other neutral oil)

Salad

4 stalks celery

1 head fennel, including the fronds,
finely sliced

Half a bunch of chives, finely chopped

¼ cup mint, finely chopped

¼ cup dill, finely chopped

¼ cup parsley, finely chopped

1 lemon, juice

Extra virgin olive oil, for dressing *(Rio
Vista Nothing But Olive Oil recommended)*

White wine vinegar, for dressing

Salt

Serves 3

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



EGGPLANT COTOLETTA WITH FERMENTED GARLIC

METHOD

Eggplant Cotoletta

- Using a fork or paring knife, poke several holes in the eggplant skin to allow steam to escape during cooking.
- Place the eggplants directly over an open flame, charring the skin, while rotating them to ensure the skin is fully blackened and cracked.
- Once charred, place the eggplants in a bowl and cover tightly with cling film. Let them rest for 20–30 minutes to cool down.
- After cooling, gently peel off the skin and set the flesh aside, leaving the stalk intact.
- Press the eggplants out flat and spoon on ¼ teaspoon of fermented garlic and a pinch of salt to each side of the eggplant, spreading it out evenly.

- Set up your crumbing station with individual bowls of flour, egg mixture (2 eggs per 100ml of milk) and panko breadcrumbs.
- Dust the eggplant with flour, then dip into the egg mix and lastly coat with panko breadcrumbs, ensuring it is evenly coated.
- In a large saucepan, preheat vegetable oil over medium heat, ensuring there is 1cm of oil covering the base of the pan.
- If using a thermometer, heat the oil to 170°C. Alternatively, test the oil by dropping a pinch of breadcrumbs into it; if it sizzles immediately, the oil is ready.
- Fry the crumbed eggplant for 2–3 minutes per side until golden and crispy. Set aside on paper towels to drain any excess oil.

Salad

- Peel the celery to remove the stringy fibres, then finely slice into 5cm batons.
- Finely slice the fennel lengthwise along the grain.
- Combine the fennel and fennel fronds, celery, chopped chives, mint, dill and parsley in a bowl, then dress with olive oil, lemon juice, white wine vinegar and season with salt to taste.

To Serve

- Plate the Eggplant Cotoletta with the salad and serve, drizzling with extra virgin olive oil if desired.



Scan the QR code to watch Jane & Eddie prepare this delicious dish and to view other recipes in the series.



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