

## Perfectly Fried Eggplant - Crunchy Outside, Tender Inside

There's nothing quite like the first bite of perfectly



**OVEN**  
**400°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 large eggplant
- 1 cup all-purpose flour
- 2 large eggs
- 1 cup panko breadcrumbs (for extra crunch)
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder (optional)
- Oil for frying (vegetable or olive oil)
- Fresh parsley or basil, for garnish (optional)

### DIRECTIONS

1. Prepare the Eggplant: Slice eggplant into ½-inch thick rounds.
2. Sprinkle slices with salt and let sit for 30 minutes to draw out bitterness.
3. Rinse under cold water and pat dry thoroughly with paper towels.
4. Set Up Your Breading Station: Bowl 1: Flour, salt, pepper, and garlic powder
5. Bowl 2: Beaten eggs
6. Bowl 3: Panko breadcrumbs
7. Bread the Eggplant: Dredge each slice in flour (coat well).
8. Dip into the beaten egg, letting excess drip off.
9. Press into breadcrumbs, coating all sides. Set aside on a tray.
10. Fry the Eggplant: Heat ½ inch of oil in a skillet over medium-high heat.
11. Test heat with a breadcrumb-if it sizzles, you're ready.
12. Fry eggplant slices in batches, 2-3 minutes per side, until golden.
13. Transfer to a paper towel-lined plate to drain excess oil.
14. Serve: Arrange on a plate, garnish with fresh parsley or basil, and serve hot.
15. Pair with marinara, tzatziki, or a creamy yogurt dip.

### TIPS FOR SUCCESS

Dry the eggplant well after salting-moisture can make the coating soggy.

Panko breadcrumbs give the crispiest texture, but regular breadcrumbs work too.

Add flavor : Mix Parmesan, Italian herbs, or chili flakes into your breadcrumbs.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/perfectly-fried-eggplant-crunchy-outside-tender-inside/>