

## **EMERIL LIVE**

SHOW #EMIA71

LOUISIANA BACK ROADS COOKIN'

### **FRIED EGGPLANT WITH SHRIMP ETOUFFEE**

*Vegetable oil for frying*

*1 1/2 sticks butter*

*4 cups onions, chopped*

*2 cups bell peppers, chopped*

*2 cups celery, chopped*

*2 teaspoons garlic, chopped*

*2 pounds medium shrimp, peeled and deveined*

*2 teaspoons salt*

*1/2 teaspoon cayenne pepper*

*1 cup plus 2 tablespoons flour*

*2 cups water*

*6 tablespoons chopped parsley*

*1/2 cup green onions, chopped*

*Essence*

*12 (1-inch) slices of eggplant*

*2 eggs beaten*

*2 cups dried, fine bread crumbs*

*1/2 cup grated Parmigiano-Reggiano cheese*

Preheat the oil for frying. Melt the butter in a large skillet over medium heat. Add the onions, bell peppers, and celery and saute until soft and golden, about 10 minutes. Add the garlic and cook for 2 minutes. Add the shrimp, salt, and cayenne and cook for about 4 minutes, or until the shrimp turn pink. Dissolve 2 tablespoons flour in the water and add to the shrimp mixture. Stir until the mixture thickens slightly. Reduce heat to medium-low and simmer for 6 to 8 minutes, stirring occasionally. Add the parsley and green onions. Stir and cook for 2 minutes more. Season the eggplant slices with Essence. Place the flour in a shallow bowl and season with Essence. In another bowl, season the egg wash with salt and pepper. In a third shallow bowl, season the bread crumbs with Essence. Dredge each slice of eggplant in the flour. Dip each slice in the egg wash, letting the excess drip off. Dredge each slice in the seasoned bread crumbs, coating each side completely. Carefully lay the eggplant slices in the hot oil. Fry the eggplant in batches and until golden brown. Remove the eggplant from the oil and drain on paper-lined plates. Season the eggplant with Essence. To serve place two to three fried eggplant pieces in the center of each plate. Spoon the Etouffee over the top and garnish with the cheese and green onions.

Yield: 4 to 6 servings

*Stouffee - don't have  
to add eggplant  
to pan*