



Eggplant Po'Boy

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 eggplant, washed and sliced thinly salt - 1 cup whole wheat flour - 1 cup all purpose flour (or use 2 if you don't have WW) - ½ cup cornflour - 2 tablespoons creole seasoning - 2 tsps. salt - 1 tsp. black pepper - 1 cup soy milk - ½ cup water - 1 egg or 2 egg whites - 1 tomato, sliced - shredded lettuce - hot sauce - 1 small red onion, sliced thinly - 1 baguette, sliced into 4 pieces (or 2 for HUGE sandwiches) or 4 rolls - Vegan Remoulade (1 package of silken tofu or soft tofu, parsley, 2 tablespoons soy milk, creole seasoning, 2 cloves garlic, 2 tablespoons olive oil, 2 tsps. salt and 1 tsp. pepper)

Instructions

Not the real deal since it vegetarian and all, but still delicious. I love po'boys. 1. Slice up the eggplant, sprinkle slices with salt and place in a colander to drain for an hour. If you don't have an hour, it's okay, just let it sweat for a little while. If using Japanese eggplants, omit this step. While waiting for the eggplant, prep everything else. 2. Combine flours, creole seasoning, salt and pepper in a long shallow bowl or plate. Mix together the soy milk, water and egg/egg whites in a large bowl. 3. Make the Vegan Remoulade by putting the silken or soft tofu in a food processor, adding all of the other ingredients and blending until it's a uniform sauce. Add a bit more water or milk if the mixture is too thick. It should be like a slightly less solid mayonnaise. If you don't have a food processor, use a regular or immersion blender. If you use a whisk instead (rock those arm muscles), you'll have to mince the garlic and the parsley before adding them to the mixture. 4. Back to the eggplant! Preheat the oven to 400F and put some parchment paper or tinfoil on a baking sheet and spray or grease with olive oil. Rinse the salt off the eggplant and pat dry. Organize your breading station by having (from left to right): eggplant, flour mixture, wet ingredients bowl, prepped baking sheet. Have wet and dry dishtowels on hand - this gets messy. 5. Dredge an eggplant slice through the flour on both sides. Dip into the wet mix. Shake. Dredge through flour again on both sides. Dip into the wet mix. Shake. Repeat this 2 or three more times, end with the

shake after the wet mix. Your eggplant should be coated thoroughly. Place slice on baking sheet and repeat with all of the other eggplant. I found it helpful to put half the flour mixture in a different bowl and then swap halfway. As the flour mixture gets a bit wet, it gets harder to bread the eggplant evenly. 6. Bake at 400F for about 20 minutes, flipping the slices halfway. They're done when golden and crispy looking. I put them under the broiler for a minute or two to really get them crisp. 7. Now, it's fun time! Slice open the baguette and smear some of the remoulade on one side. Add the eggplant, tomato, lettuce, slices of red onion and a dash of hotsauce if you like. Eat. Lick your fingers.