

Eggplant Napoleon

Houmas House Eggplant Napoleon

Serves 4

3 cups heavy cream
Healthy pinch of saffron
¼ cup white wine
Sea salt to taste
3 each dried bay leaves
Fresh cracked black pepper to taste
Green onions, green and white parts, sliced finely
1 pound jumbo lump crab meat
10-15 cup canola oil

1 Eggplant medium, sliced into ½" rounds
1 cup whole milk
6 whole eggs beaten
6 cup yellow corn flour seasoned to taste



In a large non-reactive pot add cream, white wine, bay leaves, saffron, and salt and fresh cracked pepper. Let simmer gently for about 15 minutes. It will reduce and thicken a bit during this time. Don't let it boil as it will quickly expand and boil out of pot. Once sauce is seasoned properly pass through a fine strainer and place in a clean pot. Add Jumbo Lump Crabmeat to the sauce, allow to gently simmer while the eggplant cooks.

Heat Oil in a large pot to 350 degrees. Mix eggs and milk. Lightly Season eggplant then place in egg wash, coat sides thoroughly then place in seasoned flour. Shake off excess flour and carefully ease into oil. Gently cook eggplant, when the bottom is golden brown flip over until other side is golden. Remove from oil and gently pat dry.

Add green onions to crab and sauce. Adjust seasoning, as needed. Place one round of eggplant on plate, top with crab meat and sauce. Place another round on top of this and top with crab and sauce. Place final Round of eggplant on top and secure with skewer, top with sauce and serve.