

Eggplant Fries

<http://userealbutter.com/2010/11/07/eggplant-fries-recipe/>
from [*The Hungry Mouse*](#)

3/4 cup flour
2 tsps garlic powder
1 tsp dried oregano
1 tsp fresh parsley, minced
1 tbsp kosher salt
1/2 tsp black pepper, fresh ground
oil for frying
3 baby eggplants or 2 medium eggplants
salt for seasoning
honey

In a shallow bowl, combine the flour, garlic powder, dried oregano, parsley, salt, and pepper until thoroughly mixed. In a heavy-bottom medium saucepan, heat at least two inches of oil to about 350F. Peel the eggplants and slice into 3/4-inch thick fingers. Toss the eggplant slices a few at a time in the seasoned flour until well coated. When the oil is ready, drop a few sticks of eggplant into the oil – they should begin sizzling immediately. Be sure not to overcrowd the pan or have the oil temperature drop too much. When they begin to brown (about a minute) flip them over and cook for another 30 seconds to a minute. Remove the eggplant fries from the oil and let drain on a cooling rack. Serve hot with a shake of salt and a drizzle of honey. A great snacking appetizer for 4 people.