

Veg Head Sandwich

<http://userealbutter.com/2016/07/17/veg-head-sandwich-recipe/>

1 medium eggplant, cut into 1/2-inch disks
2 tbsps olive oil
salt
1-2 medium fresh porcini mushrooms or other mushroom, cut into 1/4-inch slices
1 tbsp unsalted butter
1 medium zucchini, cut into 1/4-inch long slices
2 ciabatta rolls or other bread
2-3 oz. mozzarella cheese, sliced
2 cups fresh arugula
1/4 cup balsamic vinaigrette (see recipe below)

balsamic vinaigrette

2 tbsps balsamic vinegar
1 tsp maple syrup
1/2 tsp Dijon mustard
1/4 tsp salt
1/4 tsp freshly ground black pepper
6 tbsps olive oil

Make the balsamic vinaigrette: Stir the balsamic vinegar, maple syrup, mustard, salt, and black pepper together. Whisk the olive oil into the mixture while pouring the oil in a slow steady stream. It should emulsify. Set aside. Makes about 1/4 cup.

Prepare the sandwich: Heat a sauté pan or skillet over medium high heat. Arrange the eggplant slices on the pan and dry fry until the eggplant slices begin to wilt. Turn the slices over and continue to cook until the slices are mostly wilted. Drizzle a tablespoon of olive oil over the slices and onto the pan. Sprinkle some salt over the slices. Flip the slices and cook until golden, then flip again and cook until the bottoms are golden. Remove the eggplant to a plate. Dry fry the mushroom slices in the same way as the eggplant, but this time add a pat of butter to the hot pan when the mushrooms have been wilted on both sides. Sprinkle salt over the mushrooms and fry both sides until golden. Remove the mushrooms to a plate. Drizzle the remaining tablespoon of olive oil onto the pan and fry the zucchini slices on both sides until done and just browning. Sprinkle a little salt over the slices during frying. Remove the zucchini to a plate.

Slice the rolls in half. Place a layer of mozzarella on one half of each roll and bake in a 350°F oven until the cheese melts. Remove from oven. Layer eggplant, mushroom, and zucchini over the mozzarella. Pile on a handful of arugula and drizzle the balsamic vinaigrette over the greens. Top the sandwich with the other half of bread and serve. Makes 2 sandwiches.