



quick & easy miso eggplant

This dish, also known as *nasu dengaku* in Japanese restaurants, is eggplant transformed into a melty, creamy, sweet and salty treat. Long, narrow and glossy deep purple Japanese eggplants, with their delicate flavor and thin skin, lend themselves perfectly to being baked. Once tender, the flesh is topped with a nutty-tasting miso mixture and broiled until caramelized and bubbly.

SERVES: 4



julie albert
& lisa gnat

ingredients

- 3 tbsp sake
- 3 tbsp sugar
- 2 tbsp mirin
- 1 tsp fresh lime juice
- 4 tbsp white miso paste

- 4 Japanese eggplants
- 1 tbsp vegetable oil
- 1 tsp sesame seeds

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directions

- 1.** Preheat broiler to high heat. Line a baking sheet with aluminium foil and coat with non-stick cooking spray.

- 2.** For the miso glaze, in a small saucepan, combine sake, sugar, mirin and lime juice. Bring to a gentle boil over medium heat. Whisk for 2 minutes to dissolve sugar. Reduce heat to low and whisk in miso paste. Continue cooking 2 minutes, stirring often. Remove from heat and set aside.

- 3.** For the eggplants, slice each one in half lengthwise, leaving stems on. Using the tip of a sharp knife cut a crisscross pattern into the flesh of each eggplant piece. Brush the cut side with vegetable oil and place cut side down on prepared baking sheet. Broil 3 minutes, flip pieces over and cook another 3-4 minutes. Remove from oven and spread miso mixture thickly onto each eggplant and sprinkle with sesame seeds. Place back under broiler for 1-2 minutes, until glaze is bubbly watch carefully so they don't burn.

“Don't let your daughter-in-law eat your autumn eggplants.”

– JAPANESE PROVERB

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