

Miso Eggplant



Serves 3



30 minutes



Summer



Eggplant

INGREDIENTS:

- 3 medium Japanese eggplants
- 3 tbsp white miso paste
- 1 tbsp sesame oil
- 1 tbsp maple syrup
- 1 tbsp rice vinegar

GARNISH:

- 1 thick stalk of spring onion
- 2 tsp toasted white sesame seeds

METHOD:

1. Remove the stem of the eggplants and cut them in half lengthwise.
2. Use a knife to score the inside of the eggplant in a crisscross pattern. This means making shallow cuts in one direction and then making another set crossing the first, creating a diamond pattern. Make sure that the cuts are about 3 mm deep and 3 mm wide without cutting through the skin.
3. Brush the inside of the eggplant with toasted sesame oil and place it on a baking tray lined with baking paper. Place the eggplant with the inside-side facing down.
4. Bake the eggplants at 220°C for 15 minutes or until they become tender.
5. Whisk together miso paste, maple syrup, and rice vinegar in a bowl to prepare the miso glaze.
6. Chop the spring onions and keep them aside.
7. After 15 minutes in the oven, the skin of the eggplants starts to shrink, and the eggplants become tender. Remove them from the oven, flip them over, and brush them with the prepared miso glaze. Make sure to get the glaze into the scored lines.
8. Place the eggplants back on the baking tray with the cut side now facing up.
9. Place the baking tray in the middle rack of the oven and broil for 3-5 minutes or until the glaze starts to bubble. Remove the eggplants from the oven.
10. Garnish the eggplants with chopped spring onion and toasted sesame seeds.

TIPS:

- *You can substitute eggplant with other vegetables like zucchini and yellow squash due to their similar texture and ability to absorb flavours.*
- *You can serve miso eggplant with jasmine rice or soba noodles, sautéed Asian greens or Broccoli.*
- *Long, slender eggplants with fewer seeds are the best choices for making Miso eggplant. Some examples include Japanese, Chinese and Italian varieties.*
- *If using globe eggplants, bake the eggplants for 20-25 minutes.*
- *If the oven does not have broiling settings, you can bake, roast or air fry to cook eggplant.*

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