

DEEPLY REGIONAL JAPAN®

EGGPLANT WITH ADZUKI, RICE BRAN AND MISO 'DENGAKU' SAUCE

4 June 2020



INGREDIENTS

- Eggplant 2 to 3 medium-sized
- Miso (red or other dark varieties) 1 level tablespoon or to taste
- Japanese soy sauce or tamari 1 level tablespoon or to taste
- Mirin (or sweet sherry, sweet white wine) 2 level tablespoons
- Japanese sake (or vodka, medium sherry) 1 level tablespoon
- Rice bran (fine) ¼ cup
- Boiled adzuki beans (see separate recipe for how to prepare this from dry beans) ½ cup
- Ginger root, finely chopped or minced 1 level tablespoon
- Garlic, finely chopped or minced 1 level teaspoon
- OPTIONAL: Chilli, finely chopped To taste
- Sesame oil 1 level tablespoon
- Whole egg, beaten 1 medium-sized
- Oil (for greasing the pan) As required

INSTRUCTIONS

1. Wash the eggplants well , remove the stalk and stub at the top, and halve lengthwise. (If the eggplants are wide, quarter them. If they are very long, then halve them cross-wise.)
2. Place the eggplant sections in a large bowl and cover with plenty of cold water. [If the eggplant is bitter, first salt the eggplant sections liberally and stand for 30 minutes to 1 hour, then rinse thoroughly in cold water.] Stand for c. 15 to 30 minutes, drain and soak again in cold water for another 15 to 30 minutes. Drain well and pat dry with a clean paper towel.
3. While the eggplant is being soaked/salted, prepare the topping paste. Heat the sesame oil in a saucepan on medium heat. Add the miso, soy sauce/tamari, mirin (or substitute), sake (or substitute), ginger, garlic and chilli (optional). Stir well to mix the ingredients thoroughly. Lower the heat and cook until excess liquid has evaporated, stirring continually to prevent burning. Remove from the heat and allow to cool to room temperature.



4. When the paste has cooled, add the beaten egg and mix well. Set aside (do NOT cook the mixture at this stage).



5. Place a liberally greased shallow pan on medium heat. Once the pan is hot, add the eggplant sections, initially with the skin facing upward. Cover with a lid and turn over a few times for even cooking. Bake until the cut surface of the eggplant is starting to brown.



6. When the cut surface of the eggplant is beginning to look 'dry', add c. ¼ cup of water to the pan and immediately cover with a lid. PLEASE USE THE PAN LID TO SHIELD YOURSELF FROM HOT STEAM, as the water will flash-boil on contact with the hot pan. Steam for several minutes until the eggplant is tender but still retaining its texture and shape. Add more water if the eggplant appears to be drying out during steaming.



7. Spread the paste thickly over the cut surface of each eggplant piece and cook further, covered with a lid, until the egg in the paste has set.



8. Remove from the heat. Top with a garnish of your choice. Serve as an entrée item, or as part of the main meal with other dishes and steamed rice.