

Tomiyama Miso Eggplant Recipe

2-3 Japanese eggplants

Canola oil (not olive)

3 tbsp miso - any color will work but I like lighter miso

2 tbsp sake

2 tbsp sugar

2 tbsp mirin

1. Peel the skin off the eggplant (optional, but I like to do this for maximum meltiness). Slice diagonally into 1/4 inch slices.
2. Very important step! Let sit in a bowl of water for 5-10 minutes.
3. Heat (preferably non-stick) pan over medium-high heat. Add a glug of oil and the drained/rinsed/dried eggplant and sauté until eggplant is cooked through.
4. Mix the remaining ingredients until it forms a smooth sauce.
5. Pour it over the eggplant. This concoction can burn easily, so turn the heat to medium low and let the eggplant get very soft and melty. Having a few burned spots is actually quite tasty.
6. Enjoy with rice!

