

Side

Nasu Dengaku

Broiled Miso Eggplant



Ready in 30 minutes

Serves: 4

NOTE: This is a single recipe. In my video, I double it.

Ingredients

- 2 medium eggplant
- 1-2 Tbsp vegetable oil
- 1 Tbsp white miso
- 1 Tbsp red miso
- 2 Tbsp mirin (Japanese cooking wine)
- 1 Tbsp sugar
- Sesame seeds and chopped green onions for garnish

Preparation

1. Slice eggplant in half. Score in a criss-cross pattern, being careful not to cut through the skin.
2. Use 1 Tbsp olive oil to coat each eggplant's scored top and bottom skin. Add to a medium pan on medium heat, skin down.
3. Cook until brown, about 5 -7 minutes.
4. Turn over, and cook for another 5-7 minutes, until tender.
5. Mix the miso, mirin, and sugar.
6. Place eggplant on a foil lined baking tray. Brush miso mixture on top of each eggplant, coating all of the surface.
7. Put in the oven and broil for 3-4 minutes, watching closely. The miso mixture will be bubbling when you take it out of the oven. Eggplant should be soft, but not mushy.

8. Garnish with green onions and sesame seeds.. Serve hot.

Tips

This is so good, I double the recipe when I have friends over. Some Asian markets sell awase miso which is a mixture of red and white miso. I just mix my own.

Spiritual message from this recipe

I was admiring a variety of fresh produce that I had bought at a Farmers Market that was laid out on my counter. I received messages from each item. The message from eggplant was what I most needed to hear. She said “I am round and beautiful. I shimmer with radiance. I love my color and shape.” I could feel how pleased she was with her roundness. Eggplant’s message is to love yourself, and rejoice in your attributes.