

Miso Glazed Japanese Eggplant

Ingredients

- 2 Japanese eggplant washed and sliced in half.
- 2 tbsp Mirin sweet rice vinegar
- 1/4 cup organic white miso paste
- 1 tbsp toasted sesame seeds
- 1 tbsp vegetable oil
- 1 tbsp sesame oil
- 1 tbsp sake
- 1 tbsp soy sauce
- 1 tsp coconut sugar
- 1 tbsp chopped scallions or spicy sprouts

Instructions

1. Preheat broiler to high.
2. Brush both sides of the eggplant halves with 1tbsp vegetable oil.
3. Combine all other ingredients, except sesame seeds and sugar, mixing until smooth.
4. Place eggplant halves skin side up on a parchment or a silicone lined baking sheet.
5. Broil on second level down from the element until skin starts to darken 3-5 minutes.
6. Turn eggplant over and broil flesh side 2 minutes.
7. Brush flesh side thickly with miso mixture, sprinkle with sesame seeds and sugar, continue to broil until bubbly and softened.
8. Remove from heat and sprinkle with scallions or sprouts.

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