

Japanese Style Braised Eggplant



Sirve:

4 servings

Pieza:

1 Qt./9 L Sauce Pan with Cover

4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

Valora: ★★★★★

Contribuido por:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Agregar un Comentario](#)

Descripción de la Receta:

Nasu Nibitashi or braised eggplant is a popular Japanese side dish. Nibitashi refers to a style of braising vegetables in a seasoned broth. One of the main ingredients in the braising liquid is Dashi, a simple to prepare broth flavored with kombu, a sea vegetable and Bonito flakes. Long, thin Japanese eggplants are traditionally used in this preparation, If unavailable, substitute with smaller eggplants.

2 pounds
Japanese eggplants or substitute for regular eggplant
(907 g)
1 ¼ cups
water
(296 ml)
2 inch piece
kombu
¼ cup
bonito flakes
(42 g)
1 ½ tablespoons
ginger fresh, shredded, Cone #1
(9 g)
3 tablespoons
tamari or naturally fermented soy sauce
(36 g)
2 tablespoons
mirin
(29 g)
3 each
scallions, minced

Preparación :

1. Preheat Mini Braiser pan over medium heat until a sprinkle of water skitters and dissipates, approximately 7-9 minutes.
2. While Mini Braiser is preheating, trim ends off of eggplants. Cut eggplant in ½ lengthwise. Score eggplants halves on skin side, making shallow cuts across top of eggplant. Slice scored eggplant halves on diagonal into 3" pieces.
3. Bring water to a boil in sauce pan. Add bonito flakes and Kombu simmer for 2 minutes and strain into a bowl.
4. Add ginger, tamari and mirin to Dashi liquid and stir to combine.
5. Place eggplant pieces in a bowl, fill bowl with room temperature water to cover and let sit for 2-3 minutes. Lift eggplant out of water and place in a clean bowl, shaking off excess water.
6. Cook eggplant skin side down for 5-8 minutes until browned. Turn eggplant pieces over and pour braising liquid over the top.
7. Place lid on Braiser pan. When Vapo-Valve™ begins to click steadily turn heat to low and cook for 15-20 minutes until eggplant is very tender.
8. Remove lid, take pan off the stove and let eggplant cool to room temperature in pan.
9. Serve eggplant hot or at room temperature, garnish with minced scallions.

Consejos:

- For a vegetarian or vegan version omit bonito flakes from Dashi broth.
- To add a little bit of spice to braised eggplant, add a pinch or two of crushed red pepper flakes to braising liquid.
- Braised eggplant is delicious served hot or at room temperature.

Información nutricional por ración

Calorías: 71
Grasa Total: 1g
Grasa 0g
Saturada:
Colesterol: 0mg
Sodio: 764mg
Carbohidratos: 18g
Fibra 7g
Dietética:
Azúcar: 8g
Proteína: 4g