

Tahini-Miso Glazed Eggplant

Here's a delightfully delicious way to showcase gorgeous Asian eggplant now in season.

Recipe inspired by Hetty McKinnon's Ginger Scallion Glazed Eggplant, *To Asia with Love*. This book is well worth the purchase even if you only use her amazing essential sauce and oil recipes.

Ingredients

- 4 Japanese Eggplants, halved lengthwise
- 1 TBL Toasted Sesame Oil
- 1 TBL of white miso paste
- 1 TBL maple syrup
- 3-4 TBL of Ginger Scallion Oil (see below)
- 2 teaspoons of Sesame Seeds
- 1 Scallion Finely Chopped
- A handful of Cilantro Leaves

Directions

Step 1

Preheat oven to 375°. Brush both sides of eggplant slices with oil and place on a parchment paper-lined baking sheet. Roast eggplant, flipping once, until very tender, about 20 minutes. Remove from oven. Arrange a rack in the upper third of the oven and heat to broil.

Step 2

Meanwhile, whisk white miso, maple syrup, and Ginger-Scallion oil in a small bowl. Stir in 1 1/2 tsp. sesame seeds and 2 Tbsp. scallions. Smear a layer of the sauce on the cut side of each eggplant slice. Broil until golden and charred in places,

4–5 minutes. Remove from oven and sprinkle with remaining 1 1/2 tsp. sesame seeds and 1 Tbsp. scallions.

Serve with steamed rice and a side of pan roasted broccoli.

Ginger Scallion Oil

- 5 ounces of finely chopped peeled ginger
- 6 scallions finely sliced, white and green parts separated
- 1 TBL tamari or coconut aminos
- 2 teaspoons of salt
- 1 ¼ cup of grapeseed or other neutral oil

In a heatproof bowl combine the ginger, white of the scallions, tamari, and sea salt.

Warm oil on medium heat for 3-4 minutes. Carefully pour into the bowl. Allow to cool, add the green part of the scallions, stir to combine, use for the recipe, and store remainder in a glass jar in the fridge.

Spring Pea Soup

A delight for the senses, this soup is an absolute joy to make. Find some fresh sugar snap peas at your local farmer's market or favorite organic food store.

Adapted from David Tanis, Fresh Pea Soup, NYT Cooking

Ingredients

- 2 tablespoon coconut or vegetable oil
- 2 young leeks, diced, both white and tender green parts

- 1 pound sugar snap peas, trimmed, and chopped (be sure to remove the threads that run their length)
- 4 cups of veggie broth
- 4 tablespoons white or chickpea miso
- 2 thinly sliced scallions
- Salt and pepper to taste

Directions

1. Heat coconut oil in a heavy saucepan over medium-high heat. Add leek and cook until softened, 5-7 minutes.
2. Add snap peas to pot and season well with salt and pepper. Add 1 cup water and simmer until peas are soft, about 3 minutes. Add broth and miso and cooking another minute two.
3. Purée mixture in a blender.
4. You can strain the mixture through a fine siever or use as is. Heat gently, adjusting seasonings as needed.
5. Serve in small bowls garnished with scallions.

Creamy Butternut Sage Pasta

Inspiration for this recipe came in the form of my prolific sage plant and the oversized butternut squash that arrived in my CSA last week. As I write this it is seriously taking every bit of will power I have to not sneak back into the kitchen for another bite of this amazing combination. I hope you and someone you love can enjoy this dish as much as we did.

Ingredients

1 medium butternut squash, peeled, seeded and cubed

1 liter of prepared veggie broth (use only enough to keep vegetables covered while cooking)

1 medium onion diced

Olive Oil

1 cup of soaked cashews, soaked in very hot water for 30-45 minutes and drained

12 sage leaves, plus an extra prig or so for serving

1 bunch of cleaned and trimmed spinach or 1 bag of baby spinach

Salt and Pepper

1 box gluten-free pasta, cooked al dente

Directions

Heat olive oil in a large pan, add onions, saute on medium heat until soft and they begin to turn golden. Add the sage leaves, squash, and just barely cover all vegetables with veggie broth. Simmer until squash cubes are quite tender.

Add cashews and blend with an immersion or high-speed blender until very smooth and creamy.

Season to taste.

Fold spinach into sauce and pour over prepared pasta.

Top with a sprig of sage and serve.

Enjoy!