

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 $\frac{1}{4}$ 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.