
Seasoned Cooked Eggplant

Total time: 20 min Yield: 6 servings

Ingredients

1 cup salad oil
1 lb long eggplant (partially peeled and cut into 1" thick rondelles)
3 clove garlic (grated)
1 tsp fish sauce
1 Tbsp soy sauce or tsuyu
1 Tbsp honey
1 Tbsp kochujang sauce or red chili flakes
2 Tbsp sesame seed oil
1 Tbsp crushed sesame seeds
1/2 cup green onion (chopped)

Prep Time: 10 min Cooking Time: 10 min Total Time: 20 min

Instructions

Place half of the oil in a sauté pan and turn the heat to the lowest temperature possible. Add in the eggplant and allow the eggplant to absorb all of the oil, flip them over, add in the remaining oil and cook them until soft to the touch.

While the eggplant is cooking, combine the garlic, fish sauce, soy sauce, honey, kochujang, sesame seed oil, crushed sesame seeds and green onion in a bowl and mix well. Place the cooked eggplant into the bowl with the sauce and mix well. Serve hot or at room temperature.

Recipe brought to you by:

Chef Grant Sato