

# **Nasu Dengaku (Garlic + Miso Glazed Eggplant)**

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(serves two)

## **Ingredients:**

2 x Small to Medium sized Eggplants

6 Tbsp Sesame Oil

## ***Dengaku Glaze***

2 tbsp miso paste (if using 'white' miso, halve the sugar)

1 tbsp sugar

2 tbsp mirin

2 cloves garlic

1 tbsp water

## ***Garnish***

1 spring onion, chopped

Grated yuzu rind (or lemon rind as substitute)

2 tbsp roasted sesame seeds

## **Method:**

Wash and slice eggplants in thick (3 cm) medallions. Score the pieces on one side in criss-cross pattern about 1.5cm.

Add 3 tbsp of sesame oil to (medium) hot frypan. Place the medallions score-side down. Cook for 5 minutes until brown. Then, gently turn over so they don't fall apart and cook for a further 5 minutes.

While these are frying, prepare the glaze. Add 3 tbsp of sesame oil to a saucepan on medium heat. Add finely chopped garlic and lightly sauté. Add the remainder of ingredients and mix well over low heat. Once the glaze thickens, remove from heat.

Place the eggplants score side up on a serving plate. Spoon the glaze onto each medallion, adding the garnish. Serves two.

