

Other Vegetables

- Braised Eggplant (茄子 煮物)
- Honey-Soy Cauliflower
- White Kimchi (白菜 漬物)

Braised Eggplant (茄 片)



Ingredients

- 2 eggplants
- 1 green or yellow capsicum
- 1 tbsp soy sauce
- 1 tbsp rice wine (mirin)
- 1 tsp minced garlic
- 1 tsp sugar
- 1/2 tsp sesame seeds
- 1/2 tsp pepper

Method

1. Slice the eggplants longways - if they are thin Asian eggplants, cut into quarters longways; if they are fat European eggplants, slice open to cut out the seeds and then cut into

strips - and then chop into bite-sized chunks.

2. Fry the eggplants in sesame oil for 2-3 minutes until they begin to soften.
3. Cut the capsicum finely and add it to the pan along with all the other ingredients.
4. Stir-fry until capsicum is wilted.

Honey-Soy Cauliflower

Ingredients

- 1 head cauliflower
- 1/3 cup soy sauce
- 1/4 cup honey
- 1/4 cup balsamic vinegar
- 1 tbsp minced garlic
- 2 tsp sesame oil
- 1/2 tsp minced ginger
- cornstarch
- sesame seeds

Method

1. Cut the cauliflower into florets and fry until al dente.
2. Whisk together soy, honey, vinegar, garlic, oil, and ginger.
3. Bring honey soy mixture to the boil, whisk in starch, and simmer until thick.
4. Pour sauce over the cauliflower florets and sprinkle with sesame seeds.

White Kimchi (白菜)



Ingredients

- 1 napa cabbage (or half head of western cabbage)
- 3 stalks spring onion
- 1/2 carrot
- 1/2 yellow capsicum
- 1/2 red capsicum
- 1/4 cup fish or soy sauce
- 1/3 cup rice wine vinegar
- 2 tbsp minced garlic
- 1 tbsp sugar
- 1 tsp minced ginger
- 1 tsp sesame seeds
- salt

Method

1. Mix 2 cups of water with 1/4 of salt; cut the cabbage into quarters lengthways (napa) or long wedges (western) and sit in salt water for half an hour.
2. Mix together soy sauce, rice vinegar, sugar, 1tsp salt, garlic, ginger, sesame seeds, and finely chopped spring onion.
3. Rinse the cabbage.
4. Julienne the carrot and capsicums, and stuff in between the cabbage leaves.
5. Place the stuffed cabbage leaves in a zip-loc bag, add sauce mixture and seal with as little air as possible. Shake gently to combine.
6. Sit in fridge for 1-5 days.