

Braised Eggplant (?? ??)



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.
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