

yaki-nasu (pan-fried eggplant with miso)

- Lola Milholland, [Umi Organic](#)

There are many ways to make this dish, but this is the simplest. Use young, small eggplants so they will cook thoroughly.

INGREDIENTS

4 small eggplants
1 1/2 tablespoons sesame oil
2 tablespoons miso, or neri miso (recipe below)

DIRECTIONS

Cut 4 small eggplants lengthwise into halves, score the outer surface in a checkerboard pattern to a depth of 1/3 inch.

Heat a skillet over medium heat.

Add 1 1/2 tablespoons sesame oil. Once the oil shimmers, add eggplants.

Lower the heat, and sauté gently, turning the eggplants periodically, until nicely browned on both sides and extremely tender.

Coat the flat surface of each eggplant half with a thin layer of miso, using about 2 tablespoons miso or neri miso*.

Serve with chilled [Umi Organic Noodles with Miso Sesame Sauce](#), tossed with shredded lettuce, thinly sliced green onion, and [Hot Mama Salsa's Chili Oil](#).

*neri-miso (sweet miso)

Neri miso is very popular in Japan, often used to dress cooked vegetables or tofu dengaku. It makes already delicious miso even more lip-smacking.

Bring 1 cup miso, 2 tablespoons sake, 1 tablespoon mirin, and 3 tablespoons sugar to a simmer over low heat. Cook for 20 minutes. Stir frequently until it becomes a glossy, smooth paste. Keep in fridge for up to one year.

cookfirstpdx.org

photo: Nathan Dumlao

