



HAND-TORN GARLIC EGGPLANT

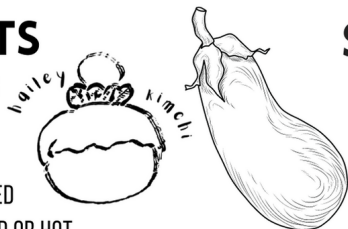


JUST A QUICK STEAM IN THE MICROWAVE!

Eggplant is like a sponge that soaks up a ton of oil when cooked in the frying pan, pre-steaming or roasting your eggplant is a great alternative preparation method!

INGREDIENTS

- 2-3 MEDIUM EGGPLANTS
- 2 TBSP OIL
- 2 TBSP SOY SAUCE
- 2 CLOVES GARLIC, MINCED
- 1 TSP CHILI FLAKES, MILD OR HOT
- 1/2 TSP SUGAR
- SALT TO TASTE (BECAUSE OF THE SOY SAUCE YOU DON'T NEED MUCH SALT IN THIS RECIPE)
- 1 TSP RICE VINEGAR
- GARNISH WITH SCALLIONS



STEPS

1. Slice your eggplants in half lengthwise, if thicker cut them across in half as well. Place them in a shallow bowl with 1/4 cup water and microwave uncovered about 5 minutes or until soft / can poke through with a fork. NOTE: Not too mushy.
2. Let the eggplant cool to touch, peel the skin off if desired or if it's particularly thick, then tear into strips.
3. While your eggplants are cooking, heat up the oil in a small pan on the stove.
4. Place torn eggplant into a bowl and add your garlic, chili flakes, sugar, and a pinch of salt. Pour over the hot oil to bring out the aromatics and marry the flavors together. Toss to mix.
5. Add your soy sauce and rice vinegar and toss. Taste and adjust with salt as needed.
6. Serve with rice & eggs and garnish with scallion.

RECIPE IN COLLABORATION WITH

PACIFIC NW CSA COALITION
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 KIMCHI HAILEY @KIMCHIHAILEY

