

## NASU DENGAKU

A classic Japanese dish, Nasu Dengaku with miso glaze is both sweet and savoury.

1 medium eggplant

1 tablespoon olive oil

sea salt

1 tablespoon miso paste

1 tablespoon mirin

1 ½ teaspoons raw sugar

1 ½ teaspoons sake\*

sesame seeds



Heat oven to 200°C

Slice eggplant in half and using a knife, score the inside in small squares diagonally.

Toss the eggplant in the olive oil and season with a little salt. Place on a baking tray lined with baking paper and roast for 20 minutes, or until the eggplant is slightly browned.

Meanwhile, in a bowl, mix miso, mirin, sugar and sake\*.

Cover a tray with cooking paper and place the eggplant on top. Brush miso mix on top of each eggplant until all the surface is coated.

Place in oven (change setting to grill) and grill for 4 minutes. The miso mix should be bubbling when you take it out of the oven.

Sprinkle sesame seeds on top and serve hot.

\*Substitute for sake: You can use Chinese rice wine, or dry sherry if the recipe only calls for a small amount of sake. Or you can substitute rice wine vinegar mixed with water or white grape juice for the sake at a 1 to 3 part ratio.

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