

Fried Eggplant with Miso

茄子の味噌炒め

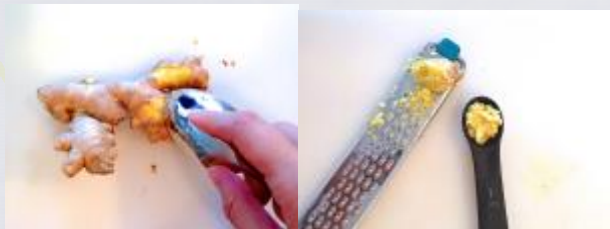
● Ingredients (for 2 people)

- ½ Eggplant
- 0.5 lb Ground Chicken
- 1 teaspoon grated ginger
- 1/4 cup vegetable oil
- 4 teaspoons Miso Paste
- 2 teaspoons Sugar
- 2 teaspoons Mirin (Sweet cooking rice wine)
- 4 teaspoons Cooking Sake

● Prepare



Cut half the eggplant into 1 inch slices.



Peel the ginger with a spoon and grate. A spoon is easy to use to peel ginger's complicate shape.



To store, at first wrap the peeled ginger with paper towel and then wrap with aluminum foil over it. Keep in the freezer.

● Cook



Eggplant will be better tasting if you cook with enough oil.

Put $\frac{1}{4}$ cup of vegetable oil and 1 teaspoon of grated ginger in a pan.

Add 0.5 lb of ground chicken and stir until the chicken turns a light brown color.

Add the eggplant and stir until the eggplant is coated with the oil.

● Mix seasoning



Put:

2 teaspoons of sugar,
4 teaspoons of Miso paste,
4 teaspoons of cooking sake
and 2 teaspoons of Mirin
in a cup and mix well.

Add the seasoning to the pan and stir
for 5 minutes or so until the eggplant is
nicely tender.



Enjoy!