

Braised Eggplant

茄子の煮浸し

● Ingredients (servings 2)

½ Eggplant

1 cup Kelp Dashi Stock

2 Tbsp. Soy Sauce

2 Tbsp. Cooking Sake

2 Tbsp. Mirin (sweet cooking rice wine)

● Prepare Stock



In a sauce pan, combine 1 cup of Kelp Dashi stock, 2 Tbsp. of soy sauce and 2 Tbsp. of cooking Sake and heat over medium heat until it comes to a boil.

● Prepare Eggplant



Cut off the end of $\frac{1}{2}$ washed eggplant and cut into bite-size pieces.

If you don't like the skin of the eggplant, peel it before this process.

● Braise



When the stock boils, turn the heat to medium-low and add the cut eggplant to the pan.



Shape aluminum foil so that it is slightly smaller than the top of the pan. Let it float on top of the stock in the pan and simmer for 20 minutes over medium-low heat. This makes simmering faster.





After simmering for 20 minutes, remove the aluminum foil, add 2 Tbsp. of Mirin and stir for a few seconds.



Turn the heat off and let sit for 10 minutes on the range to allow the flavor to blend.

Sprinkle some white sesame seeds to taste.
Enjoy!!

