

Quick Eggplant Pickles

ナスの塩もみ

● Ingredients (servings 2)

Half Eggplant

1 tsp. Salt

1 tsp. Grated Ginger

½ tsp. Soy Sauce

1 tsp. White Sesame Seed

● Prepare



Slice a half of eggplant. As in the photo I peeled some parts of the skin because the texture is sometimes hard.

If you want, you can peel and take the seed-parts (center of the eggplant) off.

But basically we can eat the skin and seeds. The skin is especially healthy because it has polyphenol.



In a small bowl, combine the eggplant and 1 tsp. of Salt.



Knead well with your fingers.



After all the eggplant is coated by salt, let it sit for 20 minutes at room temperature.

● Season



Wash the eggplant with running water lightly and squeeze well with your hand.



Peel a ginger with a spoon and grate it. Make 1 tsp. of grated ginger. A spoon is easy to use to peel the ginger's complicated shape.



Season with 1 tsp. of grated ginger, 1 tsp. of white sesame seed and $\frac{1}{2}$ tsp. of soy sauce. Mix well.

