

## BLACK GARLIC MISO TOFU WITH EGGPLANT

Serves 2-4 people



Charring the eggplant brings a smokiness to the entire dish. This is a great vegetarian main dish to serve beside rice and sauteed vegetables.

### INGREDIENTS

- 1 block Tofu, pressed and cubed into -  
1"pieces
- 1 medium Globe Eggplant  
(or two Japanese eggplants)'
- 4T neutral oil, such as Sesame
- 1T Ginger, minced
- 1/2c Yellow Onion, minced
- 4 cloves Black Garlic, minced
- 1T White Miso
- 1T Schzechuan pepper, ground
- 2T Tamari
- 1/4c Water
- 1 Scallion, thinly sliced for serving

### NOTES:

If you have an electric stove, you can char the eggplant using the broiler setting on the oven.

### DIRECTIONS

1. Coat the eggplant in a thin layer of oil.
2. Over an open flame, whether stovetop or grill, place the eggplant over the flame and begin to char the outside.
3. Turn the eggplant with tongs once one side becomes black until all sides and ends are black.
4. Place the charred eggplant in a small bowl and cover with plastic wrap. Set aside.
5. Prep all of the other ingredients, having everything accessible for quick cooking.
6. Once the eggplant has cooled for about 10-15 minutes, uncover it and peel the skin off and discard. Charring will help the skin peel easily but if there was an area that didn't get as charred, use a pairing knife and cut it off.
7. Once the eggplant is peeled, cut it into 1" cubes, it's ok if it doesn't hold cube shape.

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### DIRECTIONS CONTINUED

8. Over medium high heat, pre-heat a large saute pan or wok.
9. Once hot, add oil, onion, ginger, black garlic and tofu. Cook until the onion & ginger are fragrant and beginning to caramelize. Try not to move the tofu around.
10. Add Tamari and cook to reduce. The tamari will soak into the tofu and heighten the flavor.
11. Reduce heat and add eggplant, miso, salt , pepper and water and cook for 10 minutes, stirring occasionally.
12. Once the 10 minutes is over, the water will have evaporated and help to breakdown the eggplant, creating a thick sauce for the tofu.
13. Season to taste and garnish with scallions.

