

## *Nasu Dengaku*

*Itsi Weinstock - adapted from Serious Eats*

*June 5, 2019*

### **Preparation 1**

1. Cut the **eggplant** in half lengthwise (do not remove the top). Score the inside in crossing diagonal cuts about 1cm apart, going as deep as possible without cutting the skin.

### **Cooking 1**

1. Bring oil in a pan to medium heat, and fry the eggplants face down until slightly charred, then turn onto their backs. They should open up slightly along the cuts.
2. Meanwhile, combine 1 tbsp **red miso**, 2 tsp **sake**, 2 tsp **mirin** and 1 tsp **sugar** in a small pot, and heat until bubbling. Reduce until the glaze is very thick.

### **Preparation 2**

2. Finely slice half a **spring onion**.

### **Cooking 2**

3. Spoon the glaze onto the eggplants, letting it run down the cuts.
4. Sprinkle on **roasted sesame seeds** and **spring onion** onto the eggplants. Fry for another 2 minutes.

### **Servings: 1**

#### **Ingredients:**

	1	<b>asian eggplant</b>
1/2 stalk		<b>spring onion</b>
1 tbsp		<b>red miso</b>
2 tsp		<b>sake</b>
2 tsp		<b>mirin</b>
1 tsp		<b>sugar</b>
1 tsp		<b>roasted sesame seeds</b>