



“KFE” Krispy Fried Eggplant with Miso BBQ Sauce



DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES (+30 MINUTES FOR
SALTING EGGPLANT)



COOKING TIME: 1 HOUR 15
MINUTES



SERVES: 4

Ingredients

4 x 200g eggplant

1 tbsp Salt

3 large eggs

Crumbing mix

3 cups panko crumbs

1 tbsp sesame seeds

2 tsp black sesame seeds

2 tsp paprika

2 tsp turmeric powder

1 tsp garlic powder

1 tsp onion powder

1 tsp salt

1 tbsp sesame oil

1/3 cup vegetable oil

Miso BBQ sauce

½ cup tomato ketchup

Method

Slice each eggplant in half lengthways, leaving the stems intact. Slice a criss-cross pattern on the cut side of the halves taking care not to slice all the way through. Then slice a little of the rounded sides off to form a flat stable base for each half. Sprinkle a little salt into the criss-cross pattern of each eggplant half and set aside on a plate for 30 minutes. This will help give your eggplant a creamy texture once cooked.

While the eggplant is being salted, mix together all the crumbing ingredients, including the oils. Place this mix into a shallow dish large enough for crumbing the eggplant.

Preheat oven on CircoTherm® to 160°C. Line a universal tray with baking paper and set aside.

After 30 minutes, rinse the eggplant halves under running water and pat dry.

Whisk the eggs then pour into a shallow dish large enough to hold an eggplant half. Coat each eggplant half in egg, then place into the crumbing mixture. Pat and push the crumbing mix into the criss-crosses to coat well. Gently crumb the other side of each half, then place onto the lined tray.

Once all the eggplant is crumbed, place into the oven on level 3. Cook for 1 hour.

While the eggplant is in the oven, make the miso bbq sauce. In a small saucepan, mix together all the sauce ingredients, except for the warm water and the miso. Place on a cooktop at Induction level 7 and bring to a simmer.

Pour the water into a mixing jug, add the miso and whisk to combine. Once smooth, add this to the saucepan. Bring the sauce back to a simmer then reduce the heat to Induction level 5 and continue to gently simmer for 5

50ml honey
50ml tamari (or light soy sauce)
1 tbsp rice wine vinegar
1 tbsp sake
2 tsp fresh ginger, finely grated
2 tsp wasabi paste
½ cup warm water
½ cup white Miso

minutes until the sauce has reduced slightly. Set aside until the eggplant is cooked.

To serve, spoon a quarter of the miso bbq sauce onto each plate. Top with two eggplant halves. Garnish with a little curled spring onion, bean shoots and some pickled ginger on top and a wedge of lime.

Garnish

2 Spring onions, sliced and curled in iced water
1 cup Bean shoots
¼ cup pickled ginger
1 Lime, quartered

Notes
