



November 2021

Miso Glazed Eggplant

Simple, quick, and delicious. The three-ingredient umami-rich miso glaze melds beautifully with the roasted eggplant. Finishing the dish under the broiler caramelizes the glaze to really take this dish to the next level!

25 MINUTES	2 SERVINGS
7 INGREDIENTS	<i>○○○○○</i> SPICE LEVEL

Miso Glazed Eggplant

INGREDIENTS

- 3 Japanese eggplants
- 1/2 tbsp white sugar
- 3 tbsp cooking oil
- 1 scallion
- 2 tbsp white miso
- 1/2 tsp sesame seeds
- 1 tbsp mirin

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cut eggplant in half lengthwise, then cut a crisscross pattern into the inside of each eggplant. Sprinkle with salt to extract excess moisture and set aside for 10 minutes.
3. While waiting for the eggplant, make the miso glaze. Combine white miso, sesame oil, mirin, and sugar in a bowl and whisk thoroughly to combine.
4. Wipe away the excess moisture extracted from the eggplant. Brush both sides with oil and place on baking sheet skin side up for 15 minutes.
5. After 15 minutes, flip eggplants over and brush on miso glaze, then broil on high until glaze is caramelized.
6. Sprinkle with scallions and sesame seeds. Enjoy!



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