

NOBU STYLE BRAAIED AUBERGINE

Suitable for a vegetarian dinner.

Aubergine, you have never tasted it the Jan Braai way! Aubergine braaied and marinated, served with a hint of fresh ginger and lemon zest all over. Mmm tasty!



Prep time: 15 minutes
Cook time: 10 minutes
Total Time: 25 minutes
Serves 2-4 people

INGREDIENTS:

WHAT YOU NEED:

2 medium sized aubergines

FOR THE MARINADE:

2 tots' miso

2 tots' honey

1 tot fish sauce

1 tot rice wine vinegar

1 tot sesame oil

FOR THE MAYONNAISE:

1 egg

200 ml canola oil

50 ml sesame oil

½ tot rice wine vinegar

pinch of salt

FOR THE SERVING:

fresh ginger, grated.

fresh lime or lemon zest

fresh coriander

METHOD

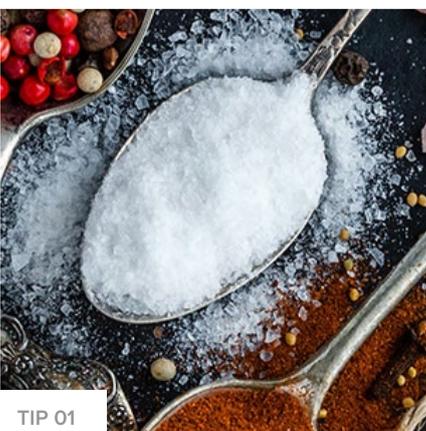
1. Start by using your sharpest knife and cut the aubergine lengthways in half, for this is essential to make your preparation easier. Score the aubergine with your sharp knife just on the top outer layer of the flesh, do not go right through to the skin, but as deep as you can, so that the sauce can marinate into the aubergine properly.
2. Mix all the ingredients together for the marinade and pour this mixture over the aubergines making sure the sauce goes into all the cuts of the aubergine.
3. Allow the aubergines marinade while you make the mayonnaise: Place the egg into the bowl of your stick blender. Add the salt and rice wine vinegar. Lastly add the sesame oil and canola oil so that it sits as the top layer.
4. Place your stick blender directly down into the mixture and start blending at the bottom of the bowl, not moving the blender. You will see the mixture start to come together and look like mayonnaise. Once most of the oil is incorporated, slowly move the blender upwards to mix in the last bit of oil and everything is nicely blended into a smooth mayonnaise. Keep aside in the fridge.
5. Braai the aubergines over hot coals on your 1000 patio freestanding charcoal braai, starting with the flesh side down for about 3 minutes. Next braai the aubergines with the flesh side upwards, for about 6 minutes while adding and basting with more marinade. Once the skin is nicely charred and the flesh starts to bubble your aubergines are ready.
6. Serve the aubergine on a plate and grate fresh ginger and lemon zest all over. Add dollops of your mayonnaise and fresh coriander.

Like what you see?
Join our community for more!

Send us some pics and tag us
@megamaster_sa
#togethermadebetter



MEGAMASTER RECIPE TIPS



TIP 01

How do you cook aubergine without it going soggy? How to prep an eggplant. One of the secrets to cooking tender but never mushy eggplant is salt. First, Stilo cuts her eggplant into the desired shape (rounds, cubes, planks, etc.), and then sprinkles the eggplant evenly with a generous amount of salt.



TIP 02

What is the secret to cooking eggplant? Eggplant is about 80 to 90 percent water, so when you put them in the oven, they need space to evaporate all that water and caramelize properly.



TIP 03

What pairs well with aubergine? Chocolate. Yes, you have read correctly. This is actually a traditional dessert of the Amalfi Coast, a weirdly wonderful dish called 'melanzane al cioccolato' and is popular from Spring to Summer and always served on August 15th to celebrate Italy's national summer holiday Ferragosto.