

Grilled Eggplant with Miso Dressing

Miso is a savory fermented paste made from soy beans, rice or barley. There are many different varieties on the market, ranging from light to dark, depending on how long they are aged. Look out for the low-sodium variety, since this thick, peanut butter looking paste can be quite salty.

Serves 4-6

Ingredients

2 Italian eggplants, (about 1 pound), cut into round rings
1/4 cup olive oil
1/2 teaspoon salt

Ingredients for Miso Dressing

1/3 cup white miso paste
1/3 cup mirin or white wine
2 tablespoons rice vinegar
1/4 teaspoon minced garlic
1/4 teaspoon minced ginger
1 tablespoon olive oil
1 tablespoon sugar or sugar

Directions

Brush eggplant with oil and season with salt and pepper. Heat a grill or grill pan over high heat. Grill eggplants until golden brown and tender (6-8 minutes total), turning once. Transfer eggplant to a large platter.

Make the dressing. Whisk together dressing ingredients, adding a little water if the dressing is too thick. Ladle dressing over eggplant and garnish with green onions if desired.

Make It A Meal

Chicken Veggie Stir Fry, Grapefruit Sorbet

Wine Pairing

Riesling or Gewürztraminer