

# How to Make Miso Roasted Eggplant

With Jordan Ragasa

[Music Playing]

Jordan: Hi everyone, my name is Jordan and today we're in our beautiful Honolulu Community Kitchen.

Today I'm going to show you how to make these delicious Miso Roasted Eggplant

It's a really classic Japanese dish so stick around.

To start, we're going to go ahead and set our broiler on high.

And to our saucepan here, we're going to have it on medium heat.

We're gonna add some maple syrup.

A little bit of mirin.

We're also going to put in some miso,

this is white miso. So it's a mellower flavor.

We're also going to add a little splash of water just to loosen up the miso.

And we're going to grate in some fresh ginger.

And this will add a little bit of zing to your glaze.

[Ginger grating]

Also adds that nice Japanese Asian flair.

Alright, we're just going to whisk it all up.

So that it's all well combined and you're gonna keep the sauce over medium heat for about 2 minutes.

Next, we're going to liberally coat our eggplant that I cut in half here

I'm going to liberally coat it with some extra virgin olive oil.

Just all over the cut side and the not cut side.

Just so that when we put our eggplant into the broiler

It won't get burned...

And you'll have a nice moist eggplant.

Next we're going to put the eggplant into our broiler.

And we're going to leave it there in the broiler for 15-20 minutes.

Until the eggplant is tender and soft.

So we took our eggplant out from under the broiler...

This is the texture and the look that you want for the eggplant.

So it's nice and soft.

So let's just flip over the eggplant...

So that we can top the eggplant with

Our nice Mirin glaze...

Now we're going to add our glaze to the cut side of the eggplant.

Be liberal with the glaze...

Because you want it to be a nice crusted eggplant.

So when we put our eggplant back under the broiler...

This sauce will caramelize...

The Mirin and the Maple Syrup will give a nice... sweetness to it.

And harden to a nice glaze.

We're going to return our eggplant back under the broiler.

And we're going to let it broil for another one to two minutes.

That way our glaze can caramelize...

And all of the flavors can develop.

Last we're going to garnish with some toasted sesame seeds

And some green onions.

Just for some added color.

And that's it... ready to serve.

Thanks so much for watching our video...

If you liked it... go ahead and give us a thumbs up!

For the full recipe, go to the link down below.

That's it folks... Eat healthy, be happy!

[Music Playing]