

Cooking with Amanda – Harvest Vegetables

Class 2 – Cooking with Eggplant

Eggplant Steaks

- 1 large eggplant
- 3 tablespoons Balsamic vinegar
- 2 tablespoons lemon juice
- 2 tablespoons Soy sauce
- Freshly ground black pepper

Preheat the oven to 400F. Slice the eggplant into ½ inch rounds, discarding the stem. Spray a baking sheet (or two) with cooking spray.

Place balsamic vinegar, lemon juice and soy sauce in a small bowl and add a few twists of black pepper. Stir to mix. Brush each slice of eggplant on both sides with the marinade.

Place slices onto baking sheet and place in oven. Turn slices over when starting to brown. Bake until slices are soft (about 20 mins or less if using a broiler or grill). These can then be used as a side vegetable, a base for a topping, a sandwich ingredient, a lasagne ingredient...the list is endless.

Bryanna's Spicy Sichuan Eggplant with Tofu

This recipe is adapted from [The Veg-Feasting Cookbook](#), page 205.

This delicious eggplant dish eliminates the deep-frying, but not the flavor. If you can't find the small Asian eggplants, use the large Western variety, but peel them.

Serves 4

- 1 cup vegetable broth
- 2 tablespoons light soy sauce
- 2 tablespoons rice, cider or white wine vinegar
- 1 tablespoon cooking wine
- 1 tablespoon chili garlic paste
- 1 teaspoon sugar
- 1 scallion, chopped finely
- 2 pounds small Asian eggplants, cut into strips about ¾-inch thick
- 2 teaspoons vegetable oil
- 3 cloves garlic, minced
- 2 tablespoons minced fresh ginger
- 1 pack firm tofu, drained and cut into cubes
- 2 teaspoons cornstarch dissolved in
- 2 tablespoons cold water

To make the cooking sauce, whisk together the broth, soy sauce, vinegar, wine, chili garlic paste, sugar and scallion in a medium bowl. Set aside.

Preheat the broiler. Place the eggplant strips on nonstick or lightly greased baking sheets. Broil 3 to 4 inches from the heat until browned; turn over and brown the other side. The insides should be soft. Set aside.

Sprinkle the tofu cubes with soy sauce in a bowl and toss then allow to marinate. Heat a large skillet or wok over high heat, add the oil, and heat until shimmering. Add the garlic and ginger and stir-fry for a few seconds. Add the tofu cubes and stir fry until heated through.

Add the broiled eggplant strips and the broth mixture. Mix well and cook over high heat for 2 minutes. Add the dissolved cornstarch and cook, stirring, until the sauce has thickened. Serve over brown rice.