

Miele

Steamed eggplant with miso

By Shannon Bennett

15 minutes

Preparation time

20 minutes

Cooking time

4 servings

Serves



INGREDIENTS

Miso

- 90 g (½ cup) white miso paste
- 75 g (½ cup) caster sugar
- 60 ml (¼ cup) mirin
- 60 ml (¼ cup) cooking sake

Eggplant

- 2 eggplants
- 80 ml (? cup) neutral flavoured oil
- Salt flakes, to taste

Miele Accessories

- Steam tray
- Universal tray

METHOD

Miso

1. Combine the miso ingredients in a unperforated steam tray and whisk well.
2. Steam at 100°C for 3 minutes. Set aside until required.

Eggplant

1. Preheat the combi steam oven on Full Grill on Level 3.
2. Cut the eggplant in half lengthways. Score a diamond pattern across each half.
3. Brush all 4 halves generously with miso mixture and place on the rack over the universal tray.
4. Place onto shelf level 2 and change the oven to Combi mode: Full Grill, Level 3 + 16 minutes + 100% moisture. Baste with the miso mixture every 5 minutes.
5. Grill until the eggplant is cooked through and golden in colour. Times may vary depending on size of eggplant.
6. Brush with additional miso mixture just prior to serving. Serve warm.