



Momotaro Foods
桃たろうフーズ

The Japanese Food Network

Telephone: 0871 208 1538 Fax: 0871 715 1723
Email: sales@momotarofoods.co.uk

Vegetarian Recipe 4 – Aubergine salad (Nasu no mushimono)



Description:

Japanese aubergines are smaller than the ones we usually find in the UK. However this recipe works just as well with the larger ones, although you might want to cut the aubergines into smaller pieces (quarters, for example).

Ingredients (for 4 people):

4 or more small aubergines or 2 large ones
2 spring onions
A pinch of 7- spice powder to taste (it is mildly spicy)
3 cm piece of fresh ginger
Half a packet of bonito flakes to garnish

For the dressing:

10 ml (2/3 tablespoon) mirin
30 ml (2 tablespoons) shoyu
15 ml (1 tablespoons¹) rice vinegar
15 ml (1 tablespoon) sesame oil
15 ml (1 tablespoon) sesame seeds

OR:

Ready made 'Aojiso' (Japanese mint) dressing, or
Ready made 'Miso goma' (Miso and sesame flavour) dressing

Method:

- 1. Wash the aubergines, drain and then cut in half (or large ones in eighths)**
- 2. Slice through along the length of the half aubergines from near the top to the bottom (so that the pieces can spread out like a fan)**
- 3. Steam the aubergines for about 8 minutes until soft, then set aside in the refrigerator to cool**
- 4. Combine the mirin, shoyu, rice vinegar, sesame oil, sesame seeds and 7-spice powder**
- 5. Finely chop the spring onions**
- 6. Peel and grate the ginger**
- 7. Arrange the aubergines on a large serving plate, and either spread the dressing, pepper and ginger over them or serve separately**