

Recipes

Steamed Eggplants and Snow Peas



Ingredients (serves 4)

- 8 medium Japanese eggplants
- 12 fresh snow pea pods
- 400 cc. (13 ½ oz. or 1 5/8 cups) soy sauce
- 8 Tbsp. sugar
- 1 Tbsp. salt
- 4 fresh green *shiso* (perilla) leaves (or basil if unavailable)
- (45 g. or 1 ½ oz. fresh ginger)

Instructions

1. Halve the eggplants lengthwise (quarter if the eggplants are large). Cut shallow, 5mm. (¼ inch) diagonal slits on the skin. (see photo)
2. Halve the snow peas diagonally.
3. Steam the cut eggplants and snow peas in a steamer for about 10 minutes.
4. While steaming, mix the salt, sugar and soy sauce in a bowl and stir them well.
5. Cut the *shiso* (or basil) leaves into 2mm. (1/16 inch) width strips.
6. Arrange the steamed eggplants and snow peas on a serving dish. Pour the sauce (from step 4) over the eggplants and snow peas. Garnish with the sliced *shiso* and serve.
7. If desired, place grated ginger on the side as a condiment.