

Recipes

Eggplants and fresh *Myoga* Ginger tossed with green *Shiso*



Ingredients (serves 4)

4 or 5 Japanese eggplants
5 or 6 *myoga* ginger buds
5 or 6 fresh green *shiso* leaves
2 Tbsp. soy sauce
1/8 tsp. salt

Instructions

1. Peel eggplants partially to leave lengthwise strips of peel alternating with strips of flesh. Cut lengthwise into quarters and slice thinly. Place slices in salted water, and let sit for about 1 hour. Drain in a colander.
2. Slice *myoga* into rounds, soak in a bowl of water for 2 to 3 minutes, then drain in a colander.
3. Chop the green *shiso* leaves into fine strips.
4. Mix the drained eggplant slices, *myoga* slices and chopped green *shiso* leaves. Season with soy sauce to taste.