

Traditional living made modern.

A man and a woman are standing in a lush garden. The woman on the left is holding a large basket of fresh produce, including purple leafy greens, a pink flower, and a radish. The man on the right is holding a large brown chicken. A black and white dog is visible in the background. The scene is set in a garden with various plants and trees in the background.

Grown & Gathered.

BY MATT & LENTIL

RECIPES AND PRACTICAL GUIDES TO GROW, COOK, PRESERVE, TRADE AND LIVE WELL.



Melted miso eggplant with green beans.

SERVES 4 AS A SIDE OR 2 AS A MAIN

TIME: 30 MINUTES

toasted sesame oil

1 large eggplant, sliced into
1.5 cm-thick rounds

350 g green beans

1 tablespoon light and/or black
sesame seeds, lightly toasted

Marinade

1 tablespoon mirin

1 tablespoon miso
(your choice of dark or light)

Dressing

1 tablespoon tahini

1 tablespoon mirin

1 tablespoon lemon juice

When the first eggplants of the season ripen, this is the dish we make. It really is the best method for cooking eggplants! They just dissolve into a creamy, sweet and savoury miso mess of deliciousness that can't be beaten. We've found green beans to be the ultimate companion. They stay crisp and fresh by comparison – the perfect contrast. We trade for all of our traditional Japanese ferments with our awesome friends Yumi and Taka. Thanks legends! One day we will nail making them ourselves. This is great as a side dish or main. Pair it with basic steamed brown *koshihikari* rice and a glass of saké – now this is food!

For the marinade, place the mirin and miso in a shallow bowl with 2 tablespoons of water and mix to form a thick sauce.

Heat a generous splash of sesame oil in a large cast-iron skillet over a medium heat. When hot, add a single layer of eggplant and fry for 1 minute on each side. Cover and steam-fry for an additional 2 minutes.

Remove the eggplant from the skillet. Place in a bowl, coat with the marinade and leave to soak. Repeat the process until all of the eggplant is cooked and marinating, adding more oil to the skillet as needed.

Place the beans in the skillet, cover and steam-fry for about 4 minutes, shaking occasionally, until soft and a little blackened. Remove from the skillet and set aside.

Return the marinated eggplant to the skillet in a single layer and fry on both sides until the flesh is totally 'melted' and the marinade has caramelised – you may need to do this in batches, depending on the size of your pan.

Meanwhile, combine the dressing ingredients and any remaining marinade in a jar and shake well.

Arrange the beans in a layer on a serving plate and top with the melted eggplant. Pour the dressing over the top and finish off with a sprinkle of sesame seeds. Serve steaming hot with rice and a cup of saké.

