

Garlicky Stir-Fried Eggplant

2 lbs eggplant	10 large cloves garlic, minced ~ 3 Tbl
1 Tbl cornstarch	2 tsp finely grated fresh ginger
2 Tbl vegetable oil, more as needed	1 Tbl soy sauce, more to taste
1 Tbl Asian (toasted) sesame oil	Sliced scallion, green part only

1. Slice eggplant into 3 / 4 to 1 inch thick pieces
2. Put the eggplant in a colander in the sink or over a bowl and toss with 1Tbl salt. Set aside to drain for ~ 45 minutes.
3. Rinse the eggplant thoroughly, pat dry and transfer to a large bowl.
4. Sprinkle corn starch over eggplant and toss to coat evenly.
5. Heat the vegetable oil in a skillet or wok over medium high heat.
6. Add just enough eggplant to create a single layer so that no pieces overlap.
7. Cook, flipping once, until the eggplant is golden and a bit charred in places – 2 2 / 2 to 3 minutes total.
8. Transfer eggplant to paper towel lined rimmed baking sheet and repeat the frying process with the rest of the eggplant, adding more oil as needed.
9. Wipe the skillet or wok clean; then add the garlic and ginger. Cook stirring, until fragrant - ~ 20 seconds.
10. Return the eggplant to the pan.
11. Add the soy sauce and toss to combine, ~ 1 minute.
12. Serve topped with scallion and season to taste with soy sauce.

Serves 6 as a side dish

From *Fine Cooking*, August/September 2017

NOTES

1. Don't skip the salt draining. Your eggplant will absorb much more oil than needed if this step is skipped.
2. The subtle Asian flavors of garlic and ginger combine with sautéed eggplant to create a wonderfully textured dish that you'll want to make again and again.
3. Serve over jasmine rice for a delicious vegetarian main dish.