



Warm Eggplant Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 4 at home

Fresh from the garden: basil, eggplant, mint, spring onion

Equipment:

metric measuring scales and spoons
medium saucepan with steamer and lid
clean tea towels
chopping board
cook's knife
bowls – 1 medium, 1 small
colander
mixing spoon
kitchen paper
serving platters

Ingredients:

500 g eggplant
3 spring onions, thinly sliced
1 small handful of mint, finely sliced
1 small handful of basil, finely sliced

For the dressing:

1 tbsp castor sugar
1 tbsp soy sauce
1 tbsp rice vinegar
2 tbsp sesame seeds, coarsely ground
2 tbsp sesame paste

What to do:

1. Put the saucepan and steamer with water on the stove to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cut the stems off the eggplant, then cut them in half lengthwise.
4. Soak the eggplant pieces in a bowl of cold water for 5 minutes, then drain and pat dry.
5. Steam the eggplant for 5–7 minutes, until limp and tender.
6. Combine the sugar, soy sauce, vinegar, sesame seeds and sesame paste in the small bowl.
7. Cut the cooled eggplant into strips about 1 cm wide and 7 cm long.
8. Wrap the eggplant in kitchen paper and squeeze it to remove any extra water.
9. Place the eggplant on serving platters.
10. Drizzle the dressing over the eggplant.
11. Scatter spring onions and herbs on top.
12. Serve warm or at room temperature.

