

Miso-roasted eggplant

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Miso and eggplant are just a fantastic combination, says Masterchef star Adam Liaw.

This dish, known in Japan as *nasu dengaku*, is more traditionally served as a thick miso sauce topping eggplants that have been halved lengthways and grilled. I prefer this version for home cooking, as it suits the larger European [eggplants](#), and the extra roasting of the miso gives a lovely nutty-sweet flavour.

Ingredients (serves 4, or more as part of a shared meal)

- 2 large eggplants, cut into 2cm cubes
- 2 tbsp olive oil
- Sea salt, to taste
- 2 spring onions, thinly sliced, to serve
- Toasted white and black sesame seeds, to serve

Miso Dressing

- 3 tbsp white or red miso
- 1 tbsp sugar

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- 2 tbsp mirin
- 1 tbsp sake
- 2 tbsp water

METHOD

Heat the oven to 200°C (fan-forced). Toss the eggplant in the olive oil and season with a little salt. Place on a baking tray lined with baking paper and roast for 20 minutes, or until the eggplant is slightly browned.

If you like, you can salt and rinse the eggplants first, but it's not really necessary as the bitterness in the eggplant works well with the sweet miso.

Meanwhile, mix together the miso dressing ingredients and pour over the roasted eggplant, tossing it on the tray to coat well. Continue to roast for a further five to 10 minutes, or until the miso sauce starts to caramelise.

Remove the eggplant from the oven, transfer to a serving plate, scatter with spring onion and toasted sesame seeds, and serve.

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Photo credit: *Asian After Work*

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