

**Miele**

# Steamed eggplant with miso

By Shannon Bennett

**15 minutes**

Preparation time

**20 minutes**

Cooking time

**4 servings**

Serves



## INGREDIENTS

### Miso

- 90 g (½ cup) white miso paste
- 75 g (½ cup) caster sugar
- 60 ml (¼ cup) mirin
- 60 ml (¼ cup) cooking sake

### Eggplant

- 2 eggplants
- 80 ml (? cup) neutral flavoured oil
- Salt flakes, to taste

### Miele Accessories

- Steam tray
- Universal tray

## METHOD

### Miso

1. Combine the miso ingredients in a unperforated steam tray and whisk well.
2. Steam at 100°C for 3 minutes. Set aside until required.

### Eggplant

1. Preheat the combi steam oven on Full Grill on Level 3.
2. Cut the eggplant in half lengthways. Score a diamond pattern across each half.
3. Brush all 4 halves generously with miso mixture and place on the rack over the

universal tray.

4. Place onto shelf level 2 and change the oven to Combi mode: Full Grill,

Level 3 + 16 minutes + 100% moisture. Baste with the miso mixture every 5 minutes.

5. Grill until the eggplant is cooked through and golden in colour. Times may vary depending on size of eggplant.
6. Brush with additional miso mixture just prior to serving. Serve warm.