

Recipe

Spicy Eggplant

By

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Ingredients

- ½ cup Thai basil leaves
- 2 Japanese eggplants (long/thin)
- ¼ cup small pieces of soy meat (TVP)
- 1 ½ tbsp fermented soybean (black soy bean)
- 2 tsp Chinese chili bean paste
- 2 tbsp soy sauce
- 1 tsp brown sugar, optional
- ¼ tsp salt
- 3 tbsp oil
- 1 tsp sesame oil, optional

Preparation

Soak the soy meat pieces in bean paste, soy sauce, and about 1 ½ tbsp of water for at least 20 minutes.

Slice the eggplants thin.

Heat oil in the pan. First add fermented soybeans, and cook for 1 minute. Gradually, add the eggplant slices and cook for 4 to 5 minutes. Add the seasoned soy meat to eggplants and cook for another 3 minutes. If it gets dry, add 1 tbsp of oil or water. Cover and simmer for another 4 to 5 minutes. Sprinkle Thai basil leaves just before serving. If you like, you may sprinkle some sesame oil.

Serves

4 servings

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