



The Edible Garden

Recipe featured at the
Garden-to-Table Weekend featuring Eggplant and other Nightshades
demonstration, August 29

East-West Eggplant

By: Cathy Erway, author of *Not Eating Out in New York*

Ingredients

8 Asian eggplants, sliced in half lengthwise
vegetable oil
salt and pepper

Instructions

1. Preheat oven to 375 degrees. Slice eggplants lengthwise in half.
2. Coat eggplants and the bottom of a large baking sheet with vegetable oil. Season eggplants all over with salt and pepper.
3. Place the eggplant cut side-down on a baking sheet so that each half is in full contact with the pan.
4. Roast for about 10-15 minutes (depending on the size of the eggplants) until browned on the bottom and cooked through. Let them cool a few minutes before handling.
5. Serve sliced eggplants with the two sauces below for dipping.

Ingredients and instructions for Basil Pesto:

2 cups packed fresh basil leaves
2 cloves garlic
1/3 cup pine nuts (or substitute walnuts, pecans or almonds)
about 1/2 cup olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper

Pulse all ingredients in a food processor until smooth. Toss with eggplants to coat evenly.

Ingredients and instructions for Soy-Sesame Sauce:

1/2 cup Asian sesame paste (can be found at most Asian markets, in a pinch, use peanut butter)
1/4 cup soy sauce
1 tablespoon rice vinegar
1 teaspoon sugar
2 teaspoons Asian sesame oil

Whisk to combine thoroughly. Taste for seasoning and adjust as desired by adding more of any ingredient. Toss with eggplants to coat evenly.