Asian style aubergines with cane syrup



Consejo del chef

You can use this recipe as an appetizer too, slicing the aubergines and serving the sauce separately as a dip.

Raciones para 4

- ❑ 2 Aubergines
- ❑ Cornstarch
- ❑ Salt
- ❑ 2 Cloves of garlic
- ❑ 1 Piece of ginger
- ❑ 1 Chilli pepper
- ❑ 150ml Soy sauce
- ❑ 25ml Sesame oil
- ❑ 30ml Rice vinegar
- ❑ 25gr Brown sugar or agave
- ❑ 2gr Aniseed grain
- ❑ 2gr Cinnamon
- ❑ 2gr Fennel seeds
- ❑ 2 Cloves
- ❑ 5 Sichuan or black peppercorns

1. Wash and cut the aubergines in half lengthwise. Cut 4 slices along each half.
2. Add salt and leave them in a colander for 15 minutes. After this, wash the aubergines with water and drain them well. Dry them with kitchen towel.
3. Batter the aubergines with the cornstarch and fry them in a pan with the bottom covered in olive oil. Turn them over once they are golden brown, and then set them aside on paper towels to absorb the excess fat.
4. Blend all the sauce ingredients. Pour it into the pan by straining the possible remains using a fine mesh colander and cook for a few minutes until you see it begins to thicken.
5. Add the aubergines and cook until everything is well-combined. Serve on a bed of sushi rice with very finely chopped scallions.

Chef's Notes

https://cookinglovers.teka.com/en/receta/berenjenas-con-miel-de-cana-al-estilo-asiatico/