

**ROASTED EGGPLANT**  
**YAKI NASU**  
焼き茄子



Throughout the summer months, plump and dark, tender-skinned eggplants can be found in every market and grocery store in Japan. As fall approaches, eggplant skins toughen a bit, and that is when this roasted eggplant is especially good. Cooked whole, the flesh of the eggplant remains moist and succulent, taking on a mild, toasty flavor from the charred skin. Although this dish can be served hot, peeled as it is taken from the grill and drizzled with soy sauce, roasted eggplant that has been allowed to cool in stock *ohitashi*-style is also wonderful. Once cooled, the *yaki nasu* can be chilled for up to 24 hours. Roasted eggplant also finds its way into *miso*-thickened soup.

Serves 4

4 whole, Japanese eggplants, each weighing about 3 ounces

3/4 cup *Dashi* stock + 1 teaspoon SSC (Seasoned Soy Concentrate)



Peel off the eggplants' calyx (sepal). With the tip of a sharp knife, make 3 or 4 shallow, lengthwise slits in each eggplant. Place the eggplants under a broiler, or on a net to grill directly over a flame. Roast the eggplants using high heat, turning them occasionally, until tender; about 5 or 6 minutes (when pinched, they'll yield easily). The skins will be slightly charred.

Remove the eggplants from the source of heat. When cool enough to handle, insert the tip of a toothpick or slender bamboo skewer just under the skin along the edge of one of the slits. Twirl the toothpick or skewer in place, then, beginning at the stem end, draw it through the length of the eggplant. Peel back the released skin and repeat this action several times until the skin has been completely released. Trim away the stem and peeled-back skin.

Make a marinade for the grilled eggplants by combining the stock and the seasoned soy concentrate in a glass or ceramic loaf pan. Choose a pan size that will allow the eggplants to be totally covered by the marinade. Cover with clear plastic wrap and chill in the refrigerator for at least 1 hour and up to 24 hours.

When ready to serve, remove the eggplants from their marinade, allowing whatever liquid clings to remain. Either keep them whole or cut them into bite-sized pieces. Arrange pieces in small, deep dishes. Drizzle with a bit more seasoned soy sauce before liberally showering with aromatic herbs such as *shiso*, *myōga* and chives.