

Sichuan Eggplant

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Chef's Notes

Serves 4 when served with rice and a couple of other dishes.

1 lb eggplant is equivalent to about 2-3 eggplants depending on size.

Chinkiang vinegar is a rice-based black vinegar common to Chinese cuisine

Doubanjiang is also spelled toban djan.

Step 1: Preparing the Stir-fry Sauce

- 1/2 cup (115 ml) stock
 - 1 1/2 (7 1/2 ml) tsp sugar
 - 2 tsp (10 ml) soy sauce
 - 2 tsp (10 ml) cornstarch
 - 2 tsp (10 ml) Chinkiang or Chinese black vinegar
- Mix all the ingredients in a bowl and set aside.

Step 2: Preparing the Eggplant

- 1 lb (450 g) eggplant
 - Salt for sprinkling
 - Oil for frying
- Cut the eggplants in half lengthwise to yield 4 halves. Then, cut each piece into about 6 or 8 even slices. Sprinkle the eggplant pieces lightly with salt and leave them for about 20 minutes, then pat dry.
- Heat 2 tbsp of oil in a wok or pan and fry the eggplant in batches, until browned. Add oil to the pan in between batches, as needed. Remove the eggplant and set aside.

Step 3: Preparing the Aromatic Base

- 1 tbsp (15 ml) oil
 - 1 1/2 tbsp (25 ml) doubanjiang
 - 1 tbsp (15 ml) chopped garlic
 - 1 tbsp (15 ml) chopped ginger
 - 4 each green onions, white part sliced into thin rings (set the green parts aside)
- Heat the oil. Add doubanjiang and cook for 1 minute to create red oil. Add garlic, ginger, and the white part of the green onions and stir-fry until aromatic.

Step 4: Finishing the Dish

- Stir-fry Sauce from Step 1
- Thinly sliced green portion of the green onions

Give the Stir-fry Sauce a stir to loosen up the starch, then add it to the pan and cook until it thickens.

Add the eggplant to the sauce and gently stir to coat evenly. Simmer gently until the eggplant absorbs the flavors, 3-5 minutes.

Then, fold in the thinly sliced green portion of the green onions and plate for service.