

Szechuan Eggplant

Recipe by Garden Chef Jacob Rich

Ingredients

4 Chinese eggplants
3 T high-heat neutral oil
2 T minced ginger
2 T minced garlic
2 T doubanjiang (fermented bean paste)
1 T soy sauce
2 tsp black vinegar
1/4 tsp sugar
1/4 tsp Szechuan peppercorns, toasted & crushed
Salt, to taste
1/4 cup crushed peanuts
2 scallions, thinly sliced
Steamed rice, for serving

Method

Trim the ends off the eggplants. Cut each eggplant crosswise into 3 pieces, then quarter each piece lengthwise. In a large skillet, heat oil over high heat until shimmering. Carefully add eggplant. Cook about 2 minutes, until softened and browned at the edges. With a slotted spoon, transfer eggplant to a paper towel-lined plate. In the skillet, cook ginger and garlic for 1 minute. Add doubanjiang, soy sauce, black vinegar, sugar and Szechuan peppercorns. Cook until combined and slightly thickened. Return eggplant to the skillet. Toss to coat and cook 2 minutes. Season with salt. Top with peanuts and scallions. Serve hot over steamed rice.



ATLANTA BOTANICAL GARDEN