Steamed Japanese Eggplant with Soy-Ginger Sauce

This simple recipe lets the natural tenderness of Japanese eggplant shine. Steamed until perfectly soft, the eggplant is drizzled with a bright, tangy soy-ginger sauce. Enjoy with a simple Asian meal of tofu, Bok choy (or other Chinese greens), and brown rice.

Ingredients

3 Japanese eggplants, halved lengthwise, and sliced into 1-inch pieces

3 cloves garlic, minced

1 tablespoon fresh ginger, finely grated

2 tablespoons tamari or soy sauce (low sodium, if desired)

1 teaspoon toasted sesame oil (optional for flavor)

2 tablespoons rice vinegar

1 teaspoon maple syrup

Hot sauce, cayenne or minced hot peppers (to taste)(optional)

Sliced green onions or fresh parsley or cilantro, for garnish

Instructions

1. Steam the Eggplant:
    - Place the eggplant pieces in a steamer basket over boiling water. Steam for about 10–12 minutes until the flesh is very tender.
2. Prepare the Sauce:
    - In a small saucepan, combine the minced garlic, grated ginger, soy sauce, sesame oil, rice vinegar, maple syrup, and hot sauce (if using). Bring the mixture to a gentle simmer over low heat, stirring frequently. Let it cook for 5 minutes until slightly thickened.
3. Assemble:
    - Add the steamed eggplant and cook another 5 minutes.

4. Garnish and Serve:
    - Garnish with sliced green onions or fresh cilantro before serving.

