

J·DAVIES ESTATE

RECIPE

MISO-ROASTED EGGPLANTS WITH TOMATOES, DILL, SHISO AND BLACK VINEGAR

Recipe by Food & Wine

PAIR WITH:

"JAMIE"
CABERNET SAUVIGNON

INGREDIENTS

DRESSING

1 tablespoon sugar
6 tablespoons black vinegar**
6 tablespoons canola oil
1 tablespoon soy sauce

EGGPLANTS

3 tablespoons shiro (white) miso
1 1/2 tablespoons mirin
6 tablespoons canola oil
1 pound Asian eggplants, halved
lengthwise

SALAD

1 heirloom tomato, cut into 1/2-
inch dice
1/2 pint cherry tomatoes, halved
1/3 cup chopped dill, plus more
for garnish
1/4 cup chopped shiso, plus more
for garnish
1 tablespoon minced scallions
Kosher salt

**Black vinegar is slightly sweet with a rich, malty flavor. It's typically made from fermented rice, wheat, barley and sorghum.



PREPERATION

Dressing

- Preheat the oven to 350°.
- In a small saucepan, combine the sugar with 1 teaspoon of water.
- Cook over low heat, swirling the pan, until the sugar melts and an amber caramel forms, 4 minutes.
- Whisk in the black vinegar.
- Remove from the heat and let cool to room temperature.
- Whisk in the oil and soy sauce.

Eggplant

- In a bowl, mix the miso with the mirin.
- In a nonstick skillet, heat 3 tablespoons of the oil.
- Add 1 eggplant half, cut side down, and cook over moderate heat until deep-golden, 3 minutes.
- Transfer the eggplant cut side up to a baking sheet.
- Repeat with the remaining 3 tablespoons of oil and eggplants.
- Spread the miso mixture on the cut sides of the eggplants.
- Roast for 15 minutes, until the eggplants are very tender.
- Transfer to a platter.

Salad

- In a large bowl, toss the tomatoes with the 1/3 cup of dill, 1/4 cup of shiso, the scallions and two-thirds of the dressing; season with salt.
- Spoon the salad over the warm eggplants and drizzle with the remaining dressing.
- Garnish with dill and shiso and serve.