

## Miso-maple eggplant steaks with scallion gremolata

### Ingredients

#### Eggplant steaks

- 2 large globe eggplants (about 1 lb each), cut crosswise into 1-inch thick rounds
- ½ teaspoon kosher salt (to draw out moisture)
- 1 tablespoon avocado or light olive oil

#### Scallion gremolata

- 1 bunch scallions (about 6), trimmed
- 1 teaspoon avocado or olive oil (for charring)
- 1½ cup Italian flat-leaf parsley, finely chopped
- 1 small garlic clove, minced
- Zest of 1 lemon, plus 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- Pinch of salt and black pepper

#### Miso-maple glaze

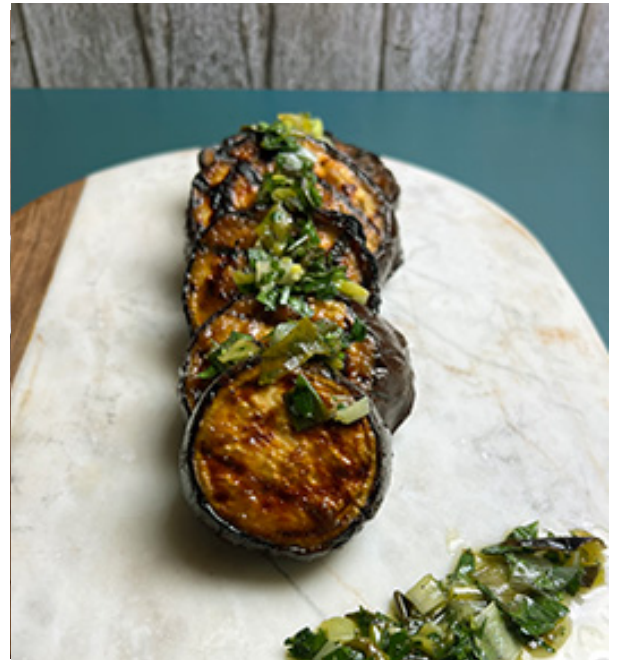
- 3 tablespoons white or yellow miso (reduced-sodium if available)
- 2 tablespoons pure maple syrup
- 1 tablespoon mirin
- 1 tablespoon rice vinegar
- 2 teaspoons reduced-sodium tamari or soy sauce
- 1 teaspoon toasted sesame oil
- 1 teaspoon fresh ginger, grated
- 1 to 2 tablespoons water

#### Garnish

- 1 teaspoon toasted sesame seeds
- Lemon wedges

### Directions

- Lay eggplant rounds on paper towels or in a colander and sprinkle both sides with ½ teaspoon salt. Let sit 20 to 30 minutes, allowing salt to pull out excess moisture and bitterness, giving you a creamier interior and better grill marks. Pat rounds dry.



**Nutritional information** Total  
cost: \$9.01/\$2.25 per serving  
Serves: 4  
Calories: 215 per serving

- In a small bowl, whisk miso, maple syrup, mirin, rice vinegar, tamari, sesame oil and ginger. Thin with a little water until glaze is brushable and set aside.
- Heat grill to medium (about 375°F to 400°F) with lid closed. Scrape grates clean, then oil with a folded, oil-dampened paper towel held in tongs.
- In a small tray, toss scallions with 1 teaspoon of oil and grill over direct heat for 2-3 minutes, turning once, until limp and charred in spots.
- Remove scallions from grill, allow to cool then chop finely.
- Combine charred scallions with parsley, garlic, lemon zest, lemon juice and 2 tablespoons olive oil. Season with a pinch of salt and pepper.
- Brush eggplant rounds with 1 tablespoon oil. Grill over direct heat for 4-5 minutes per side, until flesh is tender and a knife slides through with no resistance.
- Brush top sides generously with miso-maple glaze and cook 1-2 more minutes, just until glaze bubbles and caramelizes. If rounds brown too fast, slide them to a cooler part of the grill to finish. Flip and glaze second side, then grill 1 minute.
- Remove eggplant to a platter.
- Spoon scallion gremolata over top, garnish with sesame seeds and lemon wedge and serve immediately.

#### Tips and techniques

- Preparing eggplant rounds: Pre-salting is the difference between creamy and rubbery eggplant. Pat dry completely since any surface water will make the rounds steam instead of char.
- Cook eggplant first, glaze last. In traditional Japanese cooking, the miso doesn't touch the eggplant until the end. The same logic applies on the grill: Once the flesh is fully tender, glaze and caramelize in the final few minutes so the sugar doesn't burn.
- Judge eggplant by feel. Undercooked eggplant is spongy and slightly bitter; fully cooked, it turns silky and sweet. A knife should meet no resistance.
- Char scallions. A little blackening is the point; it gives the gremolata a smoky undertone that balances the sweet glaze.
- Gremolata tastes best fresh. If you need to make it ahead of time, hold the parsley and lemon juice separately, combining just before serving so it stays green.