



## Eggplant “Unagi” Donburi Recipe

### Ingredients

- 3 Japanese eggplants OR 2 Chinese eggplants
- Potato starch or cornstarch for dusting
- Cooked rice
- 1 ½ Tbsp neutral flavored oil
- ¼ cup mirin
- 1 ½ Tbsp sake
- 2 ½ Tbsp sugar
- ¼ cup soy sauce

### Directions

1. In a small saucepan, add the mirin, sake, and sugar. Turn on the heat to medium and whisk all ingredients together. Add the soy sauce and bring it to a boil.
2. Once boiling, reduce the heat to low and continue simmering for 10 minutes.
3. Turn off the heat and let it cool. The sauce will thicken as it cools.
4. Cut the tops off the eggplant.
5. You can choose to peel and remove the outer skin or keep the skin on.
  - a. If you choose to keep the skin on, poke holes into it so it does not explode when cooking.
6. Cooking the eggplant
  - a. Steaming option: place eggplants into a steamer and let it steam for 4-5 minutes, rotating halfway through
  - b. Microwaving option: place eggplant into a microwave safe dish and microwave for 30 seconds. Turn the eggplant over and microwave for another 30 seconds
7. Slice the eggplant vertically down the middle without slicing all the way through. Open the eggplant with your fingers to open it up.
8. Lightly dust the eggplant with potato starch or corn starch.
9. Heat a pan with oil over medium heat. Once heated, add the eggplant into the pan. Cook each side for 2-3 minutes or until you get some browning.
10. Brush the unagi sauce on one side of the eggplant and then flip and coat the other side. Repeat for 2-3 times to get a nice glaze on the eggplant.
11. Serve over rice and drizzle extra sauce on top.

The donburi recipe is from Okonomi Kitchen.

The unagi sauce recipe is from Just One Cookbook.