

# Miso-Glazed Eggplant (Nasu Miso)



**Yield**

Serves 4

## Ingredients

3 tablespoons vegetable oil  
4 Japanese eggplant (about 1 1/2 lbs. total),  
cut in half lengthwise and flesh scored 1/4  
in. deep  
1/3 cup yellow or red miso\*  
2 tablespoons packed light brown sugar  
2 tablespoons sake or white wine  
1/4 teaspoon red chile flakes  
1/4 cup cilantro leaves  
1 teaspoon toasted sesame seeds

## How to Make It

### Step 1

Preheat broiler with a rack 4 in. from heat source. Heat oil in an ovenproof frying pan over high heat. Add eggplant, flesh side down, and cook until flesh starts to brown and soften, about 4 minutes.

### Step 2

In a small bowl, combine miso, sugar, sake, and chile flakes. Turn eggplant flesh side up and brush mixture over it. Broil eggplant in pan until glaze starts to brown, about 3 minutes. Sprinkle with cilantro and sesame seeds.