

# Nasu Dengaku

## Nasu Dengaku – Aubergines with Miso paste

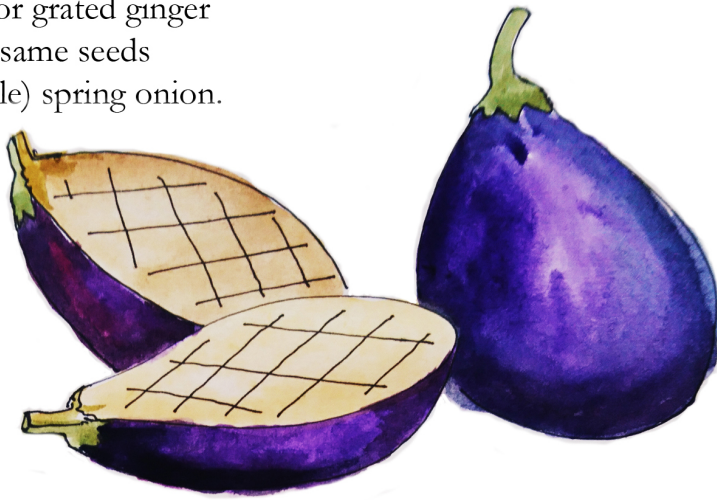
### Ingredients

- 2 Medium aubergines, approximately 200-250 grams each
- Some olive oil for drizzling on the aubergines
- 2 Tablespoons miso, mixed white and red miso works best
- 1 Tablespoon of Mirin, (sweet Japanese cooking wine)
- 2 Tablespoons of Japanese Sake, can also use dry sherry
- 1 Tablespoon raw sugar
- 1 Tablespoon of finely chopped or grated ginger
- 1 Tablespoon of toasted white sesame seeds
- 1 Finely chopped (donkey ear style) spring onion.

### Method

Heat the oven to 180°-200° centigrade.  
Cut aubergines in half length-ways, then cut into the flesh making diagonal incisions about 1cm apart.

Be careful not to cut through the skin.



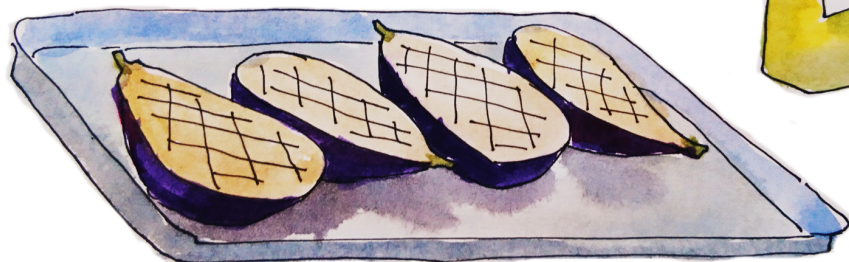
Drizzle the incised sides of the aubergines liberally with olive oil making sure that the oil runs into the incisions.

Place the aubergines on a shallow baking tray in the oven and cook for 30-45 minutes.

The aubergines need to be thoroughly cooked through with the top a golden brown colour and not burnt.

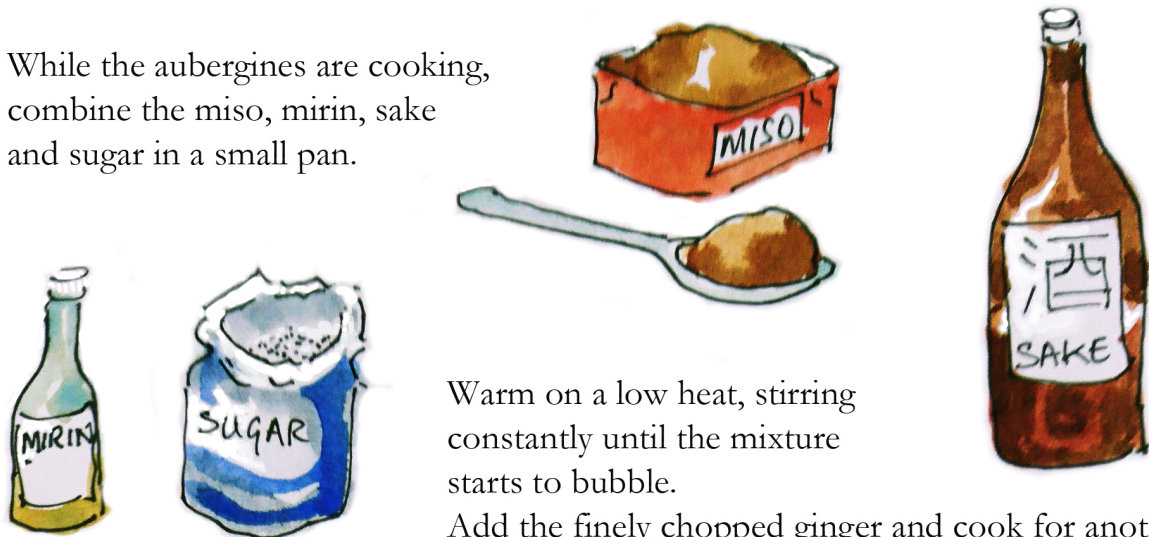
The cooking time will depend on the exact temperature of the oven and the size of the aubergines.

It is worth checking the progress of the cooking after about 20 minutes.



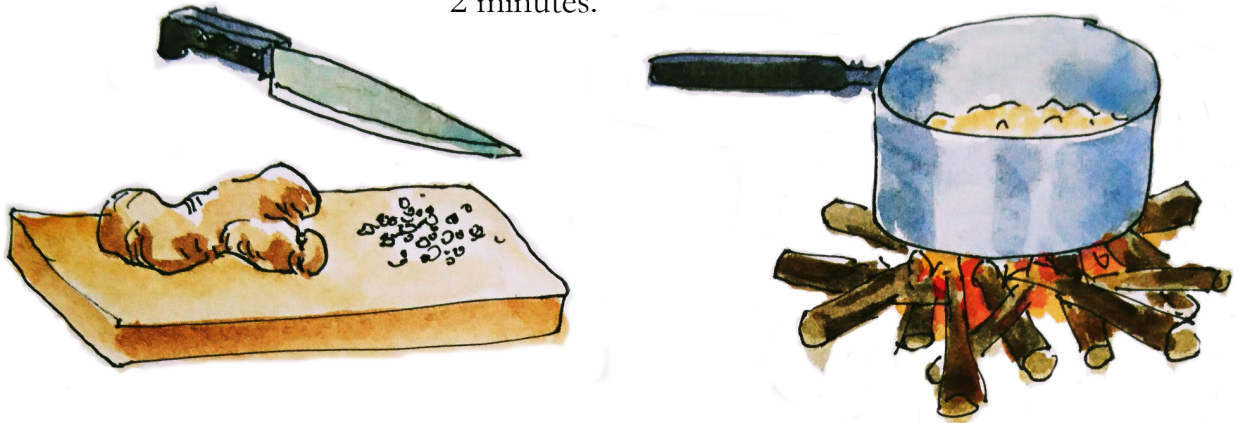
## Nasu Dengaku part 2

While the aubergines are cooking, combine the miso, mirin, sake and sugar in a small pan.

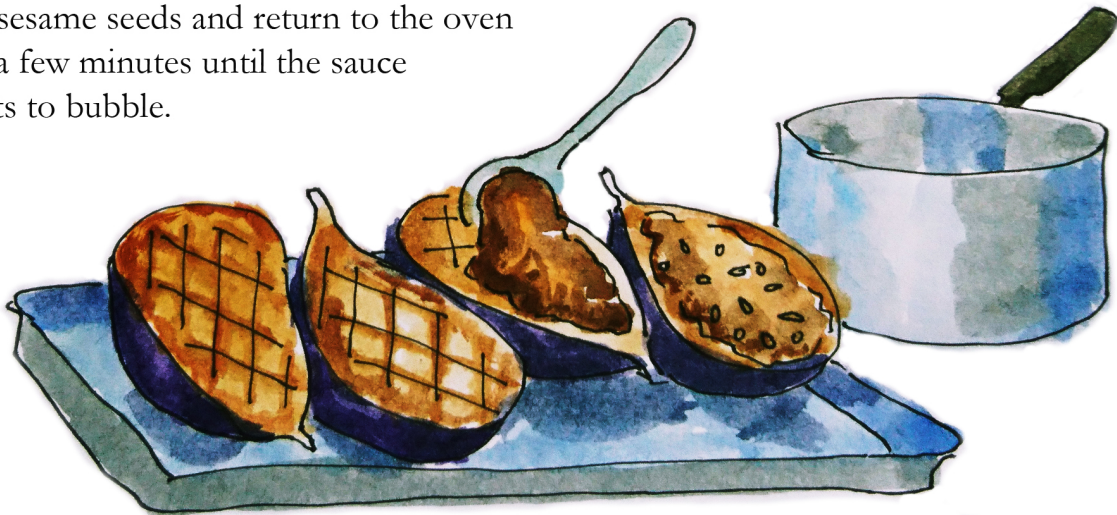


Warm on a low heat, stirring constantly until the mixture starts to bubble.

Add the finely chopped ginger and cook for another 2 minutes.



Spread the miso mixture on the cooked aubergines, sprinkle with the sesame seeds and return to the oven for a few minutes until the sauce starts to bubble.



Remove from the oven, sprinkle with some chopped spring onions and serve.

