

Stir-fried Eggplant (Gaji Bokkeum)

October 4th, 2020

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:15

Stir Fried Eggplant is a great Side Dish for any Asian dish. AND you can put this all together and have it ready to eat in a bout half an hour.

Ingredients:

1 small Asian Eggplants
4 oz (about 20) fresh String Beans
1/2 Poblano pepper
2 Tablespoons Carrot, shredded
3 small Mushrooms, sliced into thin slices
2 tablespoons canola or vegetable oil
1/2 teaspoon sesame seeds

Sauce

1 garlic clove - Minced
1 inch Fresh Ginger Root - finely chopped
1 teaspoon sugar
1 tablespoon sesame oil
1/2 tablespoon Korean red chili pepper (gochujang)
1 tablespoon soy sauce
1 tablespoon rice wine vinegar

Directions:

Use a vegetable peeler and peel the Eggplants, leaving a few strips of the Eggplants unpeeled.
Cut the Eggplants into long sticks, like Steak-Cut French Fries.

Remove all the seeds and pith from the Poblano Pepper and slice it into long thick strips.

In a small bowl mix the Sugar, the Korean Chili Paste, the Soy Sauce, and the Rice Wine Vinegar. Stir until the Sugar is dissolved.

Prep the Green Beans by washing them and then cutting off the stems.

Heat the Stir Fry pan over medium high heat

Add the oil. If the oil smokes, reduce the heat.

Stir in the Poblano Pepper and the String Beans.

Add the garlic and Ginger. Stir to mix the herbs into the oil.

Add the Eggplant. Stir together for about a minute.

Stir in the Soy Sauce mix. Add the mushroom slices. Stir again to ensure that the sauce coats all the other ingredients.

Cover and turn off the heat.

When you are ready to serve, move the mixture into a serving bowl and sprinkle with the Sesame Seeds, Scallions, and the Shredded Carrot.