

Eggplant

January 2nd, 2017

Prep Time: 00:00

Cook Time: 00:00

Although eggplant is not an overly nutritious fruit, eggplant can be useful in a variety of cuisines.

Here is basic information for selecting and using eggplant.

Ingredients:

Directions:

In addition to the eggplant typically found in the US grocery stores you may encounter other varieties:

- Italian Eggplant is pretty much the same as the standard US variety.
- Sicilian Eggplant, (also called Zebra or Graffiti) is dark purple covered with white streaks.
- Indian (or Baby) Eggplant is purple, but round and smaller, about the size of an egg. Indian Eggplant can be found in purple, green, or white varieties. The skin of Indian Eggplant is thicker and tougher than Italian Eggplant, requiring a longer cooking time.
- Japanese Eggplant is a purple fruit that is shaped like a long, slender cucumber.
- White Eggplant, as the name would suggest, has a smooth white skin.

Selecting the Eggplant

Not every eggplant tastes the same. Some are more bitter tasting than others.

Selecting the right eggplant is key.

Typically more seeds within a fruit will mean the fruit is more bitter in taste.

Find an eggplant that is firm but yielding to the touch. The fruit should be unbroken, unbruised, and unblemished.

Turn the eggplant upside down with the calyx (the green stem) pointing down. Note the small nodule or indentation where the flower attached during initial development. Assuming this indentation looks like a belly button, you are looking for a n "outtie" as opposed to an "innie".

As a general rule, the deeper the bellybutton, the more bitter the fruit. Select a fruit with very little or no indentation in this spot.

Preparing the Eggplant

In order to further reduce the bitterness, you may need to draw out additional moisture from the fruit:

Clean and dry the fruit.

Slice it into thin (1/4 inch thick) slices, resembling large "coins".

Lay out a large cookie sheet and cover with a layer of paper towels or a clean, absorbent towel.

Cover the paper towel with a single layer of Eggplant slices. Sprinkle with sea salt.

Turn over each of the coins and dust with more sea salt.

Cover the Eggplant with more paper towel and place another cookie sheet on top.

Stack canned food on top of the cookie sheet to apply more weight.

Wait about 60 to 90 minutes.

Rinse the Eggplant slices and pat dry with paper towels or another clean towel.