

Vietnamese Braised Eggplant

<http://userealbutter.com/2013/10/09/vietnamese-braised-eggplant-recipe/>
from *Food and Wine*

1 1/4 lbs. Asian eggplant, cut into 3 x 1/2-inch pieces
2 tbsps vegetable oil
1 medium onion, quartered lengthwise and sliced thinly
2 tsps garlic, minced
1/4 cup Chinese cooking wine, sake, or water
1/2 cup Vietnamese stir-fry sauce (see below)
1/2 cup + 2 tbsps water
1/4 cup unsweetened coconut milk, stirred
2 tsps Asian chili paste
4 green onions, green parts only – cut into 3/4-inch pieces

vietnamese stir-fry sauce

1/2 cup chicken broth
2 tbsps fish sauce
1 tsp sugar

Make the Vietnamese stir-fry sauce: Bring the chicken broth to a boil in a small saucepan. Remove from heat. Stir in the fish sauce and the sugar until the sugar dissolves. Set aside.

Make the eggplant: Heat a large frying pan (not non-stick) over high heat and dry-fry the eggplant in batches if necessary. Just add the eggplant to the hot pan and let it sit for a minute or so until it begins to brown and wilt. Stir it around so other sides get browned for another minutes or more. Remove from heat and empty the eggplant onto a plate or bowl. Return the pan to the flame and heat the vegetable oil on high until hot. Add the onion (not the green onion) and garlic to the oil and stir-fry for a minute. Add the eggplant and stir-fry until tender, about 2 minutes. Stir in the Chinese cooking wine and cook until it is nearly evaporated. Pour the Vietnamese stir-fry sauce, water, coconut milk, and chili paste into the pan and stir it together. Cook for 5 minutes. Add the green onions and let cook for another 30 seconds until wilted, but still bright green. Serve immediately. Serves 4 as a side dish.