

Braised Egg Plant Recipe

Braised eggplant is a delicious and comforting vegetarian dish enjoyed in many cuisines around the world. Known for its rich, velvety texture and ability to absorb bold flavours, eggplant is slow-cooked until tender in a savoury sauce. Commonly featuring ingredients like ginger, soy sauce and chili, braised eggplant offers a perfect balance of sweetness, saltiness, and umami. This dish can be served as a hearty main course or a flavourful side, making it a versatile addition to any meal.



Sample Recipe

	Recipe serves	Prepared for
	2	2

Ingredient	Amount		Scaled amount	
Egg Plant (large)	1	----	1	----
Diced Celery (A stalk)	1	----	1	----
Red Capsicum (As desired)	1	----	1	----
Minced Ginger (tsp)	1	----	1	----
Seasoning :				
Veg. Oyster sauce (Tbsp)	1	----	1	----
Soy Sauce (Tbsp)	1	----	1	----
Dark Soy Sauce (tsp)	1	----	1	----
Sugar (tsp)	1	----	1	----
Vinegar (tsp)	1	----	1	----
Water (cup)	1	----	1	----
Corn Flour (For coating)	1	----	1	----

Sample Instructions

1. Cut the eggplant into strips and sprinkle with salt. Let it sit for 10 minutes to draw out excess moisture.
2. After 10 minutes, squeeze out the water from the eggplant strips.
3. Coat the eggplant strips evenly with corn flour.
4. Heat oil in a pan over medium heat.
5. Fry the coated eggplant strips until they turn golden brown. Remove and set aside.
6. In the same pan, use a little oil to sauté the minced ginger until fragrant.
7. Add the diced celery and red capsicum, stir-frying for a few minutes until slightly softened.
8. Add the vegetarian oyster sauce, light soy sauce, dark soy sauce, sugar, vinegar, and water to the pan. Stir well and bring the mixture to a boil.
9. Once the sauce is boiling, add the fried eggplant strips back into the pan.
10. Stir everything together until the eggplant is well-coated with the sauce and heated through.
11. Transfer the braised eggplant to a serving dish. Serve hot with steamed rice or noodles.

Ingredients	Have it	Quantity
Egg Plant (large)	<input type="checkbox"/>	
Celery (A stalk)	<input type="checkbox"/>	
Red Capsicum (As desired)	<input type="checkbox"/>	
Minced Ginger (tsp)	<input type="checkbox"/>	
Veg. Oyster sauce (Tbsp)	<input type="checkbox"/>	
Soy Sauce (Tbsp)	<input type="checkbox"/>	
Dark Soy Sauce (tsp)	<input type="checkbox"/>	
Sugar (tsp)	<input type="checkbox"/>	
Vinegar (tsp)	<input type="checkbox"/>	
Water (cup)	<input type="checkbox"/>	
Corn Flour (For coating)	<input type="checkbox"/>	
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All Recipes