



Today's recipe

"Nasu-no-yogoshi"

Stir-fried aubergine with a miso based sauce. It is a popular local dish in the western part of Toyama prefecture. Other vegetables like spinach can be used to make this dish.

>> Serves: 2
>> 10 mins to prepare and 15 mins to cook
↓ Regular supermarket(R), Japanese grocery store(J)

Available at		Ingredients & Preparation		
<input type="checkbox"/>	R J	1 tbsp	mirin	
<input type="checkbox"/>	R	1 tsp	sugar	
<input type="checkbox"/>	R J	1 tbsp	miso (fermented soybean paste)	
<input type="checkbox"/>	J	1 tbsp	grated white sesame seeds	
<input type="checkbox"/>	R	250g	aubergine	cut into bite-sized pieces
<input type="checkbox"/>	R J	1 tbsp	sasame oil	
<input type="checkbox"/>	J	a pinch of	ichimi-togarashi (grated chilli pepper)	
<input type="checkbox"/>	J	1	green shiso leaf (perilla)	finely sliced

Place / Prefecture

Toyama

Why not visit the official tourism website (while eating this dish)?



Method

- Mix the **mirin**, **sugar**, **miso** and **sesame seeds** in a cup.
**Cook's tip: Miso is hard to dissolve, so mix thoroughly.*
- Put the **aubergine** in boiling water and simmer for 4 minutes, take it out of the pan and drain well on a rack.
- Heat the **sesame oil** in a pan over a medium heat. Add aubergine and fry, then add sauce and toss to coat.
**Cook's tip: It may be stored in the fridge one night and eaten the next day as this dish was traditionally eaten that way.*
- Then serve it in a bowl, tossing **ichimi-togarashi** and **green shiso leaf** on top.