

Soba Salad with Roasted Eggplant Dressing

Chef Kathryn Bari-Petritis

Ingredients:

6-8 servings

- 1 medium eggplant (about 1 pound)
- 2 tablespoons sesame seeds
- ½ pound soba noodles
- 1 teaspoons plus 1 tablespoon olive oil
- 2 cloves garlic, crushed and peeled
- ½ teaspoon salt
- 3 ½ tablespoons rice-wine vinegar
- 2 tablespoons tamari
- ½ cup vegetable stock
- 2 tablespoons minced fresh ginger
- 2 tablespoons brown rice syrup, or sucanut
- 1 ½ teaspoons Chinese Chile paste
- 3 cups grated carrots (about 5 small carrots)
- 1 cup diced cucumber
- 3 plum tomatoes, chopped and seeded, for garnish

Procedure:

1. Preheat broiler. Cut eggplant in half lengthwise. Place the halves cut-side down on baking sheet. Broil about 4 inches from the heat until the skin is blackened and the flesh is very soft, 10-12 mins. Set aside to cool.
2. In a small skillet, stir sesame seeds over medium heat to toast and fragrant, about 2 mins. Transfer to a small dish to cool.
3. In a large saucepan of boiling salted water, cook noodles until al dente, about 5 mins. Drain in colander and rinse under cold water until cool. Transfer to a large bowl and toss with 1 teaspoon of the oil to keep them from sticking. Warm stock in a small pan.
4. With a chef's knife, mash the garlic and salt into a paste. Transfer to a small bowl and add vinegar, soy sauce, ginger brown rice syrup Chile paste and warm stock and remaining 1 tablespoon oil and whisk until blended and set aside.
5. Peel the skin from the eggplant and discard. Chop the eggplant flesh to a coarse puree. Add it to the noodles, along with carrots, cilantro and sesame seeds. Add the reserved dressing and toss well.
6. Garnish with diced cucumber and tomato. Bring to room temp. before serving

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