



Roasted Eggplant and Miso Dip

Makes about 2 1/2 cups, enough for 4-6 people

1 large eggplant or 2 medium eggplants, about 2 ½ pounds

½ cup chopped yellow onion

¼ cup rice vinegar

2 tablespoons red miso

2 tablespoons red wine vinegar

2 tablespoons neutral-tasting oil like grapeseed

1 tablespoon tamari or soy sauce

3 cloves of garlic, chopped

1 cup sliced cherry or grape tomatoes

¼ cup sliced green onions

1 tablespoon lemon juice

2 teaspoons olive oil

Salt and pepper to taste

Sesame seeds, for garnish

First you need to roast the eggplant. You can do this a couple of ways. Whatever method you choose, just be sure to stab the eggplant with a fork a couple times before you cook it so the steam escapes without that purple fucker falling apart on you.

Option 1: Grill

You can roast the eggplant, tossed with a little oil, on a grill preheated to 300°F. Rotate it occasionally until all the sides are black and it starts collapsing in on itself like a deflated football or you can poke a knife through it with no resistance. This will take 25 to 30 minutes.

Option 2: Roast

Preheat the oven to 375°F. Put your whole eggplant on a baking sheet, tossed with a little oil, and roast it whole until you can poke a knife through it like soft butter, 20 to 30 minutes.

When the eggplant has cooled down a bit, about 15 minutes, cut it in half. Scoop out all the flesh with a spoon and toss it right into a food processor or blender. Add all the onion, vinegars, miso, oil, tamari, and garlic then run that fucking machine until the eggplant looks nice and smooth, about a minute. If you like your dips a little chunky, you could skip the food processor and just mash all of this shit around in a bowl with a fork. Just chop the onion and garlic smaller if you're not using the food processor. Taste and add more of whatever is calling your name. No matter the method, let it sit for a couple minutes so that the flavors all have time to mix and mellow.

In a small bowl, mix the tomatoes, green onions, lemon juice, olive oil, and salt and pepper. Spread the eggplant dip over the bottom of a bowl with low sides then spoon the tomato mixture over the middle and sprinkle sesame seeds on top. Serve right away with plenty of warm pita or crackers.

This will keep in the fridge for at least 3 days and in the freezer for 3 months. Just stir if it starts to separate a little.