



## **Sweet Yu Xiang Chinese Eggplant Stir-Fry with Steamed Rice + Garlic Sauce + Ginger Tonics**

By Dylan Sabuco

**Prep Time 22 / Cook Time 35 / Serves 4 - 6**

### **Shopping List**

☐ Fresh:

☐ 1 eggplant (if unavailable: sub 1 zucchini, 1 blk firm tofu, or 10 small mushrooms)

☐ 1 carrot

☐ 2 green onion

☐ 4 cloves garlic (if unavailable, sub 1/2 tsp garlic powder, 2 tsp jarred minced garlic, or 4 cubes frozen crushed garlic)

☐ 1 red, yellow or orange bell pepper

☐ 1 small ginger root

☐ Pantry:

☐ 1 tsp mild chili powder

☐ 1 C instant white rice

☐ 1/4 C soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***

☐ 1 T cornstarch

☐ 1/4 C vegetable oil

☐ 1 tsp salt

☐ 1 tsp black pepper

☐ 2/3 C white sugar

☐ Have on hand:

☐ 5 1/2 C water

## Fun-Da-Mentals Kitchen Skills

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**stir-fry:** to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mince:** to chop into teeny tiny pieces.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

## Equipment

☐ Saucepan + matching lid

☐ Dry measuring cups

☐ Liquid measuring cup

☐ Fork

☐ Large sauté pan or wok

☐ Cutting board + kid-safe knife

- ☐ Large mixing bowl
- ☐ Small mixing bowl
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Blender
- ☐ Whisk

## Ingredients

### Sweet Yu Xiang Chinese Eggplant Stir-Fry with Steamed Rice

- ☐ Steamed rice:
- ☐ 1 C instant white rice
- ☐ 1 C water
- ☐ 1 pinch salt
- ☐ Stir-fry:
- ☐ 1 eggplant (if unavailable: sub 1 zucchini, 1 blk firm tofu, or 10 small mushrooms)
- ☐ 1 carrot
- ☐ 2 green onions
- ☐ 1 red, yellow, or orange bell pepper
- ☐ 2 tsp ginger root, peeled and minced
- ☐ 2 T vegetable oil
- ☐ 1/2 tsp mild chili powder
- ☐ 1 pinch salt
- ☐ 1 pinch black pepper

### Spicy Sweet Garlic Sauce

- ☐ 4 cloves garlic, minced
- ☐ 1/4 C soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 1/4 C water
- ☐ 1 T cornstarch

☐ 1/2 tsp mild chili powder

☐ 1 T white sugar

☐ 2 T vegetable oil

☐ 1 pinch salt

☐ 1 pinch black pepper

## Fresh Ginger Tonics

☐ 1/4 small ginger root

☐ 1/2 C white sugar or honey

☐ 4 C water

## Food Allergen Substitutions

Sweet Yu Xiang Chinese Eggplant Stir-Fry with Steamed Rice

Spicy Sweet Garlic Sauce

**Soy/Gluten/Wheat:** Substitute coconut aminos for soy sauce in Garlic Sauce.

Fresh Ginger Tonics

## Instructions

Sweet Yu Xiang Chinese Eggplant Stir-Fry with Steamed Rice

### intro

Greet your family with a "Nǐ hǎo" (knee-how) ("Hello" in Chinese). Today's recipe is Sweet Yu Xiang (You-SHang) Chinese Eggplant Stir-Fry with Steamed Rice!

### measure + boil + stir

Measure and combine **1 cup instant rice** and **1 cup water** in a small pot over medium heat and cover with a lid. The lid is important to create steam within the pot. Steam will give the rice a fluffy texture. Boil for roughly 5 minutes or until all the water is absorbed and small holes appear at the surface of the rice. Season with **1 pinch of salt**. Stir gently with a fork, cover, and reserve for later.

### chop + measure

Chop **1 eggplant**, **1 carrot**, **2 green onions**, and **1 bell pepper**. Combine them all in a large mixing

bowl and set aside. In a small mixing bowl, measure and combine **2 teaspoons ginger root, 2 tablespoons vegetable oil, 1/2 teaspoon chili powder, 1 pinch of salt, and 1 pinch of black pepper.**

#### toast + stir fry + serve

Add the mixture of oil and spices to a large sauté pan or wok. Turn the heat to medium. Stir until the spices begin to sizzle. Toasting the spices like this will make them all a bit more potent. After about 30 seconds, add all the vegetables and stir! Continue cooking, stirring constantly until all the vegetables are soft and glazed with all the spices, about 10 to 12 minutes of cooking time. Serve hot out of the pan over steamed rice with a drizzle of Spicy Sweet Garlic Sauce (see recipe).

### Spicy Sweet Garlic Sauce

#### mince + measure

Mince all **4 garlic cloves** and combine with **1/4 cup soy sauce, 1/4 cup water, 1 tablespoon cornstarch, 1/2 teaspoon chili powder, 1 tablespoon sugar, 2 tablespoons vegetable oil, 1 pinch of salt, and 1 pinch of black pepper.**

#### simmer + blend

Simmer all the ingredients in a small pot for 5 minutes over medium-high heat until all the garlic is soft and the sugar is dissolved. (Tip: For a less spicier sauce, cook the garlic a little longer.) Blend this mixture in a blender or using a hand blender until smooth. Serve warm drizzled over Sweet Yu Xiang Chinese Eggplant Stir-Fry (see recipe) or Japanese Tofu Crispy Katsu (see recipe).

### Fresh Ginger Tonics

#### cut + boil

Cut **1/4 of a ginger root** into ¼-inch pieces, and place them into a pitcher. Combine in a large pot with **1/2 cup sugar, and 4 cups of water.** Bring this mixture to a boil.

#### steep + cool

Pour the hot sugar water over the ginger in the pitcher and allow it to steep for at least 5 minutes. Cool until you are ready to serve.

#### recipe tidbit

Ginger is an ancient medicine. Try this tonic when your throat is sore to help relieve pain or when you have a queasy stomach.

## Featured Ingredient: Eggplant!

Hi! I'm Eggplant!

"I'm the star of this dish, the exciting Eggplant! You might think of me as a vegetable, but I'm actually a berry! Not only that, but I'm large and oblong (that's a long oval shape), and I'm purple! Some of my eggplant cousins are short and plump, and have white streaks, but we all wear the same perky green cap, and we're all good to eat!"

## History

The eggplant was called the Mad Apple for hundreds of years before people were actually brave enough to try eating it. People worldwide thought it was poisonous, so it took a long time before someone was brave enough to take a bite.

Eggplant is widely believed to be native to India. In fact, it is known as the King of Vegetables in India.

Eggplant still grows wild in India!

Chinese emperors enjoyed eggplant way back to as early as 600 BC. How's this for an interesting fact: Ladies of China found it fashionable to stain their teeth black way back in 600 BC, and they would use eggplant skins to make a black dye for their teeth!

Eggplant eventually made their way around the world with global explorers, but people used them more for table decoration than food for hundreds of years because they were afraid they'd be poisoned if they ate them!

One story tells that when eggplant was brand new to France, King Louis XIV wanted to impress guests at his royal table, so he had his gardeners plant eggplant in his garden. Do you think his diners were impressed? They were not! They described the eggplant as "fruits as large as pears, but with bad qualities."

King Louis XIV cooked them and served them to his guests anyway, without them knowing. And they didn't get sick! This is because he had done his research first and found out that once eggplant mature, they are safe to eat and are actually quite delicious!

## Anatomy & Etymology

Eggplants are technically berries, not vegetables! Are you surprised? What are some other fruits commonly mistaken for vegetables? How about cucumbers and tomatoes?

Did you know that eggplant and tomatoes are related? That's right—they both belong to the Nightshade family, along with potatoes and peppers.

The standard eggplant is oval or pear-shaped, glossy-skinned, or purple. However, there are many different varieties of eggplant around the world. For example, eggplant can be white, green, round, small, long, purple-and-white speckled, cream-colored, or deep purple.

With eggplant, bigger isn't necessarily better. The smaller the eggplant, the sweeter it tends to taste.

Eggplant does have seeds, but once they've developed seeds, their flesh becomes pretty bitter. That's why it's best to harvest eggplant before their seeds become too big.

Europeans gave these berries the name "Eggplant" in the middle of the 18th century because the variety they knew looked exactly like Goose Eggs!

Another name for eggplant is "aubergine" (ober-zheen), adapted from the original Arabic name al-badinjan.

## How to Pick, Buy, & Eat

When buying eggplant, look for smooth skin, even color, heavy-in-the-hand, and no bruises. Squeeze the eggplant gently with a finger and then let go. If the eggplant is fresh, it will bounce back again. The stems should be bright and green.

Store eggplant overnight at room temperature and plan to use it soon after bringing it home. If you are storing it for longer than a day, wrap it in a plastic bag and place it on a shelf in the fridge.

The skin of the eggplant is edible, but many recipes advise peeling the skin before cooking because the flesh is sweeter and more tender, while the skin can be tough.

Eggplant is a very watery vegetable, and this is why many people like to salt their sliced eggplant before frying them to remove some of the excess moisture. They also used to be much more bitter, so people would add salt to them to cut the bitterness. Eventually, growers bred the bitterness out of the plants. Eggplant can be roasted, baked, fried, sauteed, grilled, braised, stir-fried, and stuffed. The only way we wouldn't suggest eating eggplant is raw. While it is not harmful in small doses, eggplant is so much more delicious when cooked.

Eggplant is in peak season from August to March—they love hot weather!

## Nutrition

The color of a fruit or vegetable tells us what nutrient it contains (nature is amazing!). Orange vegetables and fruits have special nutrients. So do green vegetables. Purple eggplant also contain a nutrient that gives them their color: anthocyanin. It's an antioxidant also found in red or purple grapes, blackberries, blueberries, plums, red cabbage, red onions, and prunes.

Brains! Did you know that the brain is made up primarily of fat? Eggplant has a unique nutrient that's been shown to protect the fats in our brain. When we safeguard the fats in our brain, we make it possible for brain cells to send signals back and forth to each other—which is a very good thing! We need our brain cells to talk to each other!

Fiber! We often talk about fiber when we reveal our Surprise Ingredient, and that's because vegetables and fruits contain a lot of fiber. Eggplant are no exception. What does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines. We definitely want to keep those running in tip-top shape!