

Stir Fried Eggplant & Tofu in Salted Black Beans



Makes: 3 – 4 servings

INGREDIENTS

Main Ingredients

250 gm / 8.8 oz. eggplant (sliced into chunks)

396 gm / 14 oz. organic firm tofu

125 gm / 4.4 oz. green beans (trimmed and sliced to 1½ – 2 inch size)

55 gm / 1.9 oz. bell pepper (deseeded and julienned)

2 tbsp. grapeseed oil

Aromatics

1 tbsp. grapeseed oil

1 – 2 garlic cloves (finely minced)

1 tsp. minced ginger

4 scallions (sliced)

**4 tbsp. fermented black beans / douchi

Seasoning

½ cup water

**½ tsp. dark caramel soy sauce

black pepper to taste

Garnish

scallion (chopped)

roasted sesame seeds



PREPARATION STEPS

Preparation – Eggplant

1. Salt the eggplant pieces liberally. Let it drain in a colander for 30 to 60 mins.
2. Rinse the eggplant under cold water to remove the excess salt. Pat them dry.
3. In a large skillet on medium heat, add 1 tbsp. grapeseed oil. Once the oil heats up, add the pieces of eggplant and pan fry on all sides.
4. Once they are lightly brown and cooked through, dish up.

Preparation – Tofu

1. Drain and press the tofu. Slice the tofu to desired thickness and shape. For this particular recipe, I cut the tofu to ¼" thickness and into triangles.
2. In a large skillet on medium heat, add 1 tbsp. oil.
3. When the oil heats up, add the pieces of tofu. Pan fry tofu until golden brown. Dish up and set aside.

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** I used this brand of fermented black beans

<https://www.amazon.com/Yang-Jiang-Preserved-Black-Ginger/dp/B00013WX7O>

** Dark caramel soy sauce product

<https://www.amazon.com/Malaysia-Favorite-Knife-Caramel-628MART/dp/B079DQ3RMW?th=1>

Preparation – Green Beans

1. Prepare the ice water by placing the water (2 cups) and ice cubes in a bowl. Set aside.
2. Place 3 cups of water in a medium saucepan/pot. Bring the water to a boil.
3. Once the water is boiling, place the green beans in the water. Blanch for ~ 15 secs.
4. Remove from hot water and immediately submerge the green beans in ice water.
5. Once the green beans have cooled, strain them from the ice water and set aside.

Preparation – Fermented Black Beans

1. Add fermented black beans to a small bowl. Add water to cover and soak.
2. After ~ 2 mins, drain the fermented black beans and set aside.

REMAINING STEPS

1. In a large pan on medium heat, add 1 tbsp. grapeseed oil. Once the oil heats up, add the garlic, ginger and scallion. Sauté and stir occasionally until fragrant.
2. Next, add the bell pepper and blanched green beans. Sauté for a few seconds.
3. Then, add the pan fried tofu, eggplant and fermented black beans. Stir to combine and sauté for a few seconds.
4. Whisk the water and dark caramel soy sauce until well combined. Add it to the pan. Stir all the ingredients to combine until the sauce is well distributed.
5. Season with black pepper and simmer for ~30 secs to a min.
6. Turn off the heat and dish up.
7. Garnish with additional scallion and sesame seeds.