

# Chinese Eggplant



**3089 – PLU**

## Description/Taste

Chinese eggplants are long and thin, averaging 15-20 centimeters in length and 5 centimeters in diameter. These fruits can be crooked or straight, and its thin outer skin ranges from violet to bright purple. The inner flesh is cotton white, semi-firm, and nearly seedless. Chinese eggplants have a mild and sweet flavor without the bitterness associated with eggplant.

## Current Facts

Chinese eggplant, botanically classified as *Solanum melongena*, is the name given to hundreds of eggplant varieties that are considered native to or cultivated throughout China and Asia. Also known as Oriental Charm and Pingtung Long, Chinese eggplant inherently has fewer seeds than Western eggplant varieties making them less bitter and meatier. Chinese eggplants are popularly used in stir-fries and will hold its shape when cooked.

## Nutritional Value

Chinese eggplants contain rich levels of anthocyanins, a pigment not only responsible for the fruit's deep purple skin coloring but also known for its antioxidant properties. It also contains some manganese, potassium, and vitamin B6.

## Applications

Chinese eggplants are best suited for cooked applications such as braising, stir-frying, sautéing, and grilling. Their tender flesh cooks quicker than most eggplant varieties, and its flavor and texture will be at its peak when baked. Stir-frying Chinese eggplant is the most popular preparation method as the eggplant has a meaty and flavorful texture. Chinese eggplant holds up well to spicy, sweet, and savory flavors. Complimentary ingredients include cumin, garlic, ginger, cilantro, fermented beans, chilies, soy sauce, vinegar, mushrooms, onions, sesame oil, chicken, pork, chickpeas, lentils, hardy greens, and summer vegetables such as tomatoes and squashes. Chinese eggplant will keep up to one week when stored in a cool and dry place.

# Chinese Eggplant with Spicy Garlic Sauce

This is really the best way cook eggplant! It's a wonderful flavor party – chiles, garlic, soy sauce and a touch of black vinegar to balance the flavors out.

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Course: Side Dish

Cuisine: Chinese

Servings: 4 people

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## Ingredients

- 2 tablespoons cooking oil divided
- 3 eggplant small, cut into long strips
- 2 cloves garlic finely minced
- 1 red chile pepper finely minced
- 1/2 inch fresh ginger peeled and finely minced
- 1 green onion chopped
- 1 tablespoon soy sauce
- 1 tablespoon black vinegar Chinese black vinegar
- 1/2 teaspoon sugar

## Instructions

1. In a wok or saucepan over high heat, add 1 tablespoon of the cooking oil and swirl to coat wok. When wok is hot, add eggplant in a single layer. Cook 2 minutes and flip over each piece so they cook evenly. Cook another 2-3 minutes, flipping occasionally. The egg plant should have changed in color, the skin wrinkled and the flesh soft.
2. Push eggplant aside in wok and add 1 tablespoon cooking oil. Add garlic, red chile peppers, ginger and green onion. Stir these aromatics until they become fragrant. Combine aromatics with eggplant and stir fry for one minute. Add soy sauce, black vinegar and sugar and stir to combine all. Serve immediately.