

EGGPLANT IN COCONUT MILK

This is a tasty way to prepare eggplant, courtesy of my dad and my brother Jun. Most people tend to bbq their eggplant. This method yields very little eggplant to eat. My dad suggested I boil the eggplant instead. So, the recipe below is using eggplant that has been boiled. I found very long, (a foot and a half) thin eggplants at an Asian store. I boiled five in a large pot. The skin wrinkled up. I used the fork-tender test check for doneness.

INGREDIENTS

Set 1

1.5 c. cooked eggplant, drained (*about 4 medium-large eggplants, boiled*)

Set 2

½ c. thick coconut milk

¼ tsp. lemon powder

¼ tsp. salt

½ c. finely diced onions

½ clove garlic, grated

Set 3

2 T. freshly squeezed lemon juice

Hot pepper

Tools: large pot, strainer, large bowl, small bowl, fork

DIRECTIONS

1. Cook eggplants using your choice of cooking method till eggplants are fork-tender.
2. Remove / discard the outer skin and stems of eggplants with your fingers. Depending on how tender the eggplant is, you may use a fork to rake the meat, or the meat may just peel away in shreds.
3. Place all the peeled eggplant into a bowl. Allow eggplant to cool, draining excess liquids.
4. Add onions, salt, lemon powder, and lemon juice. Stir and taste.
5. Add coconut milk and hot pepper.
6. Place in fridge till cold.

Recipe from REMEMBER GUAM by Paula Quinene of PaulaQ.com.