Food preparation is continuously undergoing its own evolution. In the Philippines, the use of vegetables is commonly part of the dishes being served on the dining table.

As some would have the preference for the tasty and spicy menus from meat the benefits of eating vegetables is a matter that should not be disregarded to have a balanced diet.

One common vegetable crop we usually see being served and consumed by Filipinos is the eggplant. The wonderful health benefits of eggplants are primarily derived from its vitamin, mineral, and nutrient content. Eggplants are a rich source of vitamin C, vitamin K, vitamin B6, thiamin, niacin, magnesium, phosphorous, copper, dietary fiber, folic acid, potassium, and manganese. First, eggplants are handily available from the market and they can even come fresh even from one’s backyard. The usual way of cooking the eggplant is either by simply steaming or frying it with a little salt or making an omelet out of it. To contend with people facing busy schedules, cooking eggplants as an easy-does-it meal will in one way beat the clock.

The innovativeness of the Filipinos comes up with a side dish using eggplants as centerpiece. Inspired by the Japanese “nasu dengaku” the eggplant can be given another distinct taste and flavor employing a different but simple cooking approach.

The eggplant is cut into slices, after which caramelized brown sugar will be poured on top of the prepared vegetable. In order to bring in more crispy bite on the dish, it will be followed by a careful use of a torch. For added toppings, pinipig (green rice lightly toasted and pounded) is applied with a little lemon juice to balance acidity. Coriander leaves make up not only for the garnishing purpose but to add up some extra zest once eaten.

In times like ours, consumers are constantly made aware of the benefits of herbal diets; an eggplant cooked the Japanese way can be a good delectable alternative as a healthy side dish. Indeed, cooking is fun with the evolutions going on right in our kitchens.

Reference
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