

Eggplant wrapped BBQ grilled tofu with Edamame, Asian greens and Miso-Garlic Vinaigrette

By Chef Oliver Saucy, East City Grill, Weston, Florida

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Makes 4 to 8 salads

Tofu:

2 Japanese eggplant, sliced thin
12-16 oz firm tofu
1-2Tbsp Black bean BBQ glaze (recipe follows)
Olive or Canola Oil as needed for grilling
Salt and pepper as desired

Form and cut tofu into regular sized rectangles about one-half inch thick and brush with Black bean glaze. Slice eggplant very thin the long way using a sharp mandolin or an electric slicer, season slices lightly with salt and pepper and let sit 10 minutes to make them a bit more pliable.

Roll eggplant slices around tofu tightly and set parcels in refrigerator for an hour or two to firm up before grilling. This can be done up to 8 hours in advance to this point, kept tightly covered.

BBQ Glaze:

2Tbsp fermented black bean sauce
2Tbsp soy sauce
2Tbsp American style BBQ sauce
1Tbsp honey

Mix together and reserve.

Vinaigrette:

1-2Tbsp miso paste
1tsp grated fresh ginger
1tsp honey
1tsp soy sauce
1-2Tbsp rice wine vinegar
¼ c canola oil
1-2Tbsp water, or as needed to adjust consistency
Salt and pepper as needed

In small bowl, whisk together the miso paste, ginger, honey, soy sauce and vinegar and then blend in oil and adjust consistency. Reserve until needed.

Edamame Salad:

1-2heads garlic, slow roasted and cloves removed from the husk
1c cooked Edamame Soy Beans
1head endive
1bag Asian greens mix or baby greens mixed with arugula and frisse lettuce
3-4stalks scallion greens, sliced
½bunch cilantro (half chopped and half left in sprigs for final garnish)

In appropriate sized salad bowl large enough to toss the greens, marinate the Soy Bean and garlic cloves in miso dressing, enough to liberally coat the beans and also toss in chopped cilantro and scallion greens. Leave beans and garlic to sit for an hour or so at room temperature.

Meanwhile, preheat grill to high or medium high and grill the eggplant and tofu parcels, being sure to grill evenly and cooking eggplant through. Brush with additional BBQ black bean glaze if desired and keep warm.

Add Asian greens mix to Edamame bowl and toss salad with miso dressing, adding a bit more if needed. Arrange greens on plate or serving platter with endives and place warm tofu & eggplant wraps on center of greens and drizzle with extra vinaigrette as desired.