



# Steak Eggplant Gratin (from Akita)

Eggplant, which is in season in summer, contains polyphenol (nasunin) and has antioxidants and immune-boosting effects.

“Steak Eggplant” from Akita Prefecture has a soft skin due to its high water content, and the heat gives it a tender texture.



Anti-aging foodstuffs

Eggplant (nasunin)

## <How to Cook>

- 1 Add the minced garlic cloves to the salad oil and saute.
- 2 Cut the steak eggplant into rounds, add to step 1 and fry further.
- 3 Add a little water or white wine and steam.
- 4 When the eggplant is tender, take it out and in the same pan, saute ground meat, cut tomatoes, white wine, and chicken broth.
- 5 Season with salt and pepper, add on top of the eggplant with cheese, and bake in the oven for 3 minutes at 180°C. Finally, sprinkle with fresh black pepper (regular pepper is fine if not available) and finely chopped parsley.

## <Ingredients> For 2 servings

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 steak eggplant                | Pizza cheese, to taste      |
| 2 tablespoons olive oil         | Fresh black pepper to taste |
| 50 g ground pork meat           | Dash of parsley             |
| 1 clove garlic                  |                             |
| 1/2 can cut tomatoes            |                             |
| Salt and pepper to taste        |                             |
| 50 ml white wine                |                             |
| 1 teaspoon chicken broth powder |                             |

