

# Aubergines with Miso & Sesame

*If you buy fresh, happy aubergines, you shouldn't have to salt them. If you are concerned, salt with rough sea salt and allow to stand for 45 minutes. You will then want to pat them dry with paper towel before brushing them with oil and roasting them. Do not be tempted to over-oil them! Moskonfyt is a syrup made from Hanepoort grapes found only in the Cape. It is one of my favourite ingredients. Whenever we go into the country, I drive my Sweetheart crazy by insisting that we stop at every farm stall in the hope of finding a haul of moskonfyt.*

3 medium aubergines  
¼ cup sunflower oil  
2 tsp toasted sesame seeds

## Miso Sauce

5 tbsp miso paste  
4 tbsp moskonfyt (or honey)  
5 tbsp water  
4 cm piece of ginger, peeled  
and finely grated

Preheat the oven to 220°C.  
Slice the aubergines in half lengthwise and then into even wedges.  
Brush the wedges with the sunflower oil and place them on a baking- paper-lined baking sheet. Roast in the oven for 15–20 minutes until brown and tender.  
While the aubs are roasting, place all the ingredients for the Miso Sauce in a small saucepan and heat for 3 minutes until well combined.  
Dry toast the sesame seeds in a small pan until fragrant.  
Arrange the roasted wedges on a serving platter and drizzle with the Miso Sauce. Sprinkle generously with the sesame seeds.  
**Serves 8**

# Chinese Slaw

*This is a very simple, clean and crisp slaw. The zingy dressing is a fresh addition, setting off heavier flavours.*

1½ white cabbages, finely sliced  
5 carrots, peeled and julienned  
3 cucumbers, julienned  
2 red onions, finely sliced  
1 cup finely chopped coriander  
1 cup finely chopped fresh mint

## Dressing

½ cup rice vinegar  
3 tbsp brown sugar  
¼ cup brown vinegar  
1 tsp sea salt

In a large bowl, mix the cabbage, carrots, cucumber, onion and herbs.  
In a small bowl, mix the dressing ingredients. Pour the dressing over the slaw and mix together with your hands or two wooden spoons.  
Heap the slaw onto a serving platter and serve with tongs.  
**Serves 8**



# Egg-Fried Rice

*Close your eyes, eat this rice out of a bowl with chopsticks and you are transported to ancient lands. It could also be the ultimate comfort food.*

400g jasmine rice (2 cups)  
4 tbsp sunflower oil  
1 red onion, finely diced  
7 cm ginger, peeled and finely julienned  
1 tsp chilli flakes  
2 tbsp sesame oil  
1 tbsp salt  
1½ tbsp brown sugar  
6 organic eggs  
white pepper to taste  
3 spring onions  
small amount of chives for garnish

Boil the jasmine rice in plenty of water until al dente, about 9 minutes.

Drain and rinse with cold water. Set aside.

Add the vegetable oil to a wok and heat until its surface smokes slightly. Add the red onions and cook until they are golden. Add the julienned ginger and the chilli flakes and fry until the ginger softens, about 4 minutes. Stir in the sesame oil, salt and sugar and cook for another minute. Remove from the heat.

Whisk the eggs together in a bowl. Add a tablespoon of the oil from the cooked onions to a regular frying pan and put the pan onto a medium heat. Pour the egg mixture into the pan and leave to cook for 10 seconds before folding the egg mixture over onto itself with a spatula and making an omelette. Slide the omelette onto a plate and, when it has cooled slightly, slice into strips and set aside.

Place the rice in a large mixing bowl and season with a teaspoon of salt and a shake of white pepper. Add the onion mixture to the rice, along with the sliced spring onions, and stir it gently through the rice using wooden spoons.

Place the egg-fried rice onto a serving platter and add the egg strips. Sprinkle with the snipped chives.

**Serves 8**