

外婆茄子三丁 Grandma's Eggplant and Three Dings

调料：Ingredients:

- 茄子 Eggplant
- 大豆油/花生油 Soybean or Peanut Oil
- 糖 sugar
- 食盐 table salt
- 香菇 xianggu mushrooms
- 蒜蓉 minced garlic/garlic paste
- 葱花 spring onion
- 鸡精 chicken essence/bouillon
- 胡萝卜, 豌豆 Carrot cubes and peas
- 生抽 Light soy sauce
- 老抽 Dark soy sauce
- 生粉 corn starch
- 醋 vinegar

步骤：Preparation:

- ① Preheat a pot of peanut or soybean oil.
- ② Slice eggplant in half lengthwise, then slice again into quarters or sixths depending on the thickness. Chop the eggplant slices into cubes. Sprinkle some corn starch over the eggplant cubes and stir with water to coat. Fry the eggplant when the oil has heated thoroughly.
- ③ After soaking the xianggu mushrooms in water over night, cut them into small cube pieces. The carrots, peas, and mushroom should be similar in shape and size.
- ④ In a second pan, add some of the preheated oil, fry the finely chopped garlic and ginger, about a tablespoon of water and a teaspoon of dark soy sauce for color. Add about a tablespoon of sugar, some vinegar, chicken essence, and mix until combined. Add the carrots and peas as well as the mushrooms. Add some corn starch to help thicken the sauce mixture.
- ⑤ In the first pot, sprinkle in the eggplant pieces so they do not stick to each other, make sure to place your hand right over the oil so the pieces do not drop from a high height, causing the oil to splash. When the eggplant pieces have been fried a crispy golden brown in very high temperature oil, you may remove them.
- ⑥ Add the crispy eggplant to the sauce pan. Add some corn starch slurry, in increments, to the pan with the sauce in it, to help it thicken up and stick to the eggplant. Let the mixture simmer for about another half minute so the flavors come together, then plate and top with some spring onions.

