



ROYAL
VOLUNTARY
SERVICE

AUBERGINE NIBIDASHI

by Yuki Gomi

Equipment

- **A clean cloth**
- **A deep pot**
- **Knife**
- **Chopping board**
- **Frying pan**
- **Small saucepan**
- **Bowls for serving**

Ingredients

For the Noodles and toppings

- **160g Dried asian noodles (approx 80g per serving)**
- **1 Aubergine (try to select long and slim one)**
- **4 Baby red/yellow/orange peppers or 1 red pepper**
- **4 cm Ginger**
- **2 spring onions**

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- **Toasted white sesame seeds (optional)**
- **Japanese Seven Spice (Togarashi - optional)**
- **100g Leafy Greens (your choice of baby spinach, chard, kale or sprouting broccoli)**

For the Dashi (Japanese Stock)

- **10g Dried kelp “Kombu”**
- **5 Dried shiitake mushrooms (soaked)**
- **1 litre water, ready-made dashi or chicken stock or vegetable stock**

Other Items

- **Japanese soy sauce**
- **Mirin**
- **Or use 3 tbsp of Kaeshi sauce (instead of the soy sauce and mirin)**
- **Salt (Sea Salt ideally)**
- **Sake (optional)**
- **Vegetable oil (sunflower or rapeseed oil)**

Method

Dashi

- 1. Wipe the Kombu with a clean cloth. The Kombu shouldn't be washed, only wiped clean.**
- 2. Quickly rinse the shiitake mushrooms. Put 1 litre of water in a deep pot and soak the Kombu and Shiitake mushrooms for at least 30 minutes or up to 2 days in advance in the fridge, for a more developed flavour. Don't drain or throw away the liquid before the class, this will become the dashi stock.**



3. Squeeze out the mushrooms that have been soaking and then remove them from the water. Set them to one side. Leave the kombu in the water. Kombu can be eaten as a tasty nibble which is full of goodness. Slice it up as a simple topping for some plain rice.

4. Heat the water up slowly and just as the water comes to a boil, take out the Kombu and remove the dashi from the heat. The dashi is now ready for use.

Aubergine Nibidashi

1. Cut the aubergine into half along its length. Score the skin side with a knife very finely and not deeply. The cuts should be around 2-3mm wide, diagonally.

2. Then cut each piece in half again, so you have quarter pieces. If the aubergine is very large you could cut it into 6 equal pieces. Cut pieces in half lengthways, if they are particularly long, aim for around 9cm lengths.

3. Slice the red pepper into 2cm wide slices, removing the ends and seeds.

4. Slice one 2cm piece of ginger, leaving the skin on. The other 2cm piece of ginger is skinned and grated for the garnish at the end.

5. Chop the spring onion finely and put to one side for the garnish.

6. Heat a frying pan with 2-3 tbsp of vegetable oil. Add the sliced ginger and then place the aubergine and Shiitake mushrooms (if you have these leftover from the Kombu & Shiitake Dashi), cooking them with a medium heat.



Occasionally you can turn around the aubergine to make sure it cooks evenly. Add the 1 tbsp of sake if you have it or just water instead. Then put the lid on and keep cooking for 5-6 minutes.

7. Add the red pepper and cook for another a few minutes.

8. Now add 250ml of the dashi you have prepared. Along with this add 3 tbsp of soy sauce and 3 tbsp of mirin. Bring to the boil and simmer for 5-10 minutes until the aubergine becomes very soft.

Kaeshi Soba Noodle Soup

1. Have your dashi ready, set to one side. You will now make a Kaeshi sauce, ready for adding to the dashi to make the Kaeshi Soba Noodle Soup.

2. Put the soy sauce, sugar and mirin into a small saucepan and bring to the boil. Simmer for a couple of minutes, using the lowest possible heat. Watch it carefully whilst it simmers, as it burns easily. Turn off the heat and set to one side.

3. Combine 350ml of the dashi and 3tbsp of the Kaeshi sauce in a bowl for each serving. Add the soba noodles, top with slices of the aubergine nibidashi.

4. Steam or boil the leafy greens, just for a few minutes. Drain well before serving. Use these to top the noodle soup and aubergine nibidashi.

5. Scatter with sliced spring onions, grated ginger, optional sesame seeds and spice (if using) and serve.



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OUR THANKS TO YUKI GOMI FOR THIS RECIPE.

Eat Well Week is part of the Royal Voluntary Service Stay Safe, Warm and Well campaign, sponsored by long-term partner Yakult, which offers people wellbeing advice and support over winter. Happy Plates are tasty, nutritious dishes packed with ingredients identified by a Yakult nutritionist to boost mood. We call these recipes Happy Plates because that's how we hope they'll make you feel!

For more information on mood boosting foods, visit yakult.info/41ufqRo

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