Compared to other vegetables, eggplants are low in macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins and minerals). It is a decent source of dietary fiber.

Don't peel your eggplants! The majority of any variety of eggplant's antioxidants (healthy cells) are located on the skin itself.

Since eggplant will readily soak up any liquids, use a good-quality olive oil when preparing a marinade for eggplant for best flavor and nutrition. Extra-virgin or virgin olive oil is best.
To draw out the natural bitter flavors in eggplants before marinating or cooking, add salt to sliced eggplants and allow eggplants to sweat for 20-25 minutes. Rinse and drain eggplants before continuing to cook.

Keep a towel under mortars and mixing bowls to make sure they don't move during use.

When adding garlic and herbs to a mortar and pestle or suribachi, add a small amount of lemon juice and/or salt so that the ingredients are more readily broken down.

Preheat your cast iron grill pans in the oven! The pans will heat up evenly, and won't smoke compared to pre-heating on stovetop.
**Juicy Chef Words**

- **Mise en place**: French for "everything in place", this term refers to having all elements of a dish cleaned, cut, and portioned out for ease of cooking.

- **Pulse**: to briefly mix ingredients in a food processor to prevent over-mixing.

- **Rub**: a mix of spices applied to the outside of a vegetable, fish or meat for flavor.

- **Paste**: a mix of mashed herbs and seasonings used for flavor; it will penetrate deeper than a rub but won't provide as much flavor as a marinade.

- **Marinade**: a flavored liquid made up of oils; acidic ingredients; and seasonings, used to add flavor to food.
Cilantro: contains Vitamin K (healthy bones and heart), supports the body in detoxification

Parsley: contains Vitamin A (antioxidant, healthy eyes), Vitamin K, and can support gastrointestinal health

Alliums: vegetables in this family, particularly onions and garlic, contain antibacterial and antiviral properties

Citrus: contains Vitamin C (antioxidant, healthy skin, healthy immune systems), helps promote digestion
Today's episode is all about eggplants!

This vegetable stands out for its meaty texture and ability to absorb flavor, and tastes best roasted or grilled.

It's a perfect choice for appetizers, side dishes, and as an add-on to your main plate. It is in-season during the late summer, but readily available throughout the year in supermarkets.

Remember to take pictures or screenshots of the recipes we prepare at the end of the episode!