



Nutrition Tidbits

- **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.**



Kitchen Hacks

- **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



Kitchen Pharmacy.

- **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!