EGGPLANT WITH ALMOND-COCONUT SAUCE

Sherry, white wine, dry vermouth, veg broth or water, as needed
1 medium to large eggplant or two small ones, trimmed and cut into 1" strips
1/4 tsp salt
1 onion, finely chopped
2 garlic cloves, minced

In a large saucepan or pot, pour in about 1/4 cup of sherry or other liquid. Add the eggplant strips and sprinkle on 1/4 tsp salt. Cook them at medium heat and keep them moving, flipping them for even cooking, until they start to become somewhat translucent, about 3-4 minutes. Add the onion and garlic and cook until the onion also becomes translucent, about 3 more minutes, at medium heat, adding more liquid as necessary to keep the vegetables from sticking.

Serve with ALMOND-COCONUT SAUCE or CUMIN-TAHINI SAUCE. This is a good simple meal with a grain on the side (brown rice, quinoa, farro, polenta, etc.), a green veg, and a salad.





ALMOND-COCONUT SAUCE

1/3 cup almond butter
1/4 cup of water and more as necessary
1/2 cup coconut milk or other plant milk*
1 tsp brown sugar, agave, or maple syrup
1 tsp chili-garlic sauce or hot sauce
1 tbsp lime juice or juice of one-half fresh lime
1/2 tbsp miso

In a medium-sized bowl, whisk the almond butter with the water and plant milk until the mixture becomes pearly and translucent. Add the remaining ingredients and stir until well blended. Add more water or plant milk if you want a thinner consistency.

*If you want to avoid coconut milk because of its high level of saturated fat, use any other plant milk and add a tsp of coconut extract to get the distinctive coconut flavor.

CUMIN-TAHINI SAUCE

1/3 cup of tahini
1/3 cup of water
1 tsp ground cumin
1 tbsp lemon juice/juice of one-half lemon, or 1 tbsp rice vinegar, white wine vinegar, or cider vinegar
1 tsp or more hot sauce (optional)

In a medium-sized bowl, whisk together the tahini and water until the mixture becomes pearly and translucent. Add the cumin and lemon juice or vinegar and stir until well blended. Add more water or plant milk if you want a thinner consistency.