



## Five-Ingredient Filipino Eggplant "Adobo" + Filipino Fried Rice + Island Fruit Flips

By Erin Fletter

**Prep Time** 40 / **Cook Time** 15 / **Serves** 4 - 6

### Shopping List

- ☐ FRESH
- ☐ 1 large purple eggplant **\*\*(see allergy subs below)\*\***
- ☐ 4 garlic cloves
- ☐ 2 green onions
- ☐ 1 large, ripe banana
- ☐ PANTRY
- ☐ 1/4 tsp salt
- ☐ 1/4 C soy sauce **\*\*(see allergy subs below)\*\***
- ☐ 1/4 C vinegar
- ☐ 1 T granulated sugar or honey
- ☐ 1 pinch ground black pepper
- ☐ 4 T olive oil
- ☐ 2 8-oz pkgs precooked white or brown rice
- ☐ 2 C pineapple juice (or orange or apple juice)
- ☐ 1 C coconut milk
- ☐ flaked coconut, optional for drink garnish
- ☐ HAVE ON HAND

☐ 2 T water

☐ 1 C ice

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**mince:** to chop into teeny tiny pieces.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**snip:** to use scissors to cut something with quick, sharp strokes.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**garnish:** to decorate a dish or plate of food to enhance its flavor or appearance, using things like parsley, fruit slices, or edible flowers.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

## Equipment

☐ Medium skillet + matching lid

☐ Cutting board

☐ Kid-safe knife

☐ Measuring spoons

☐ Liquid measuring cup

☐ Wooden spoon or heat-resistant spatula

☐ Kid or kitchen scissors

☐ Medium skillet

☐ Blender (or pitcher + immersion blender)

## Ingredients

### Fabulous Five-Ingredient Filipino Eggplant "Adobo"

- ☐ 1 large purple eggplant
- ☐ 4 garlic cloves
- ☐ 2 T olive oil
- ☐ 1 big pinch salt
- ☐ 1/4 C soy sauce **\*\***(for GLUTEN/SOY ALLERGY sub coconut aminos)**\*\***
- ☐ 1/4 C vinegar
- ☐ 1 T granulated sugar
- ☐ 1 pinch ground black pepper
- ☐ 2 green onions

### Fantastic Filipino Fried Rice

- ☐ 2 T olive oil
- ☐ 2 8-oz pkgs precooked white or brown rice
- ☐ 1 big pinch salt

### Island Fruit Flips

- ☐ 1 large, ripe banana
- ☐ 2 C pineapple juice (or orange/apple juice)
- ☐ 1 C coconut milk
- ☐ 1 C ice
- ☐ flaked coconut (optional)

## Food Allergen Substitutions

### Fabulous Five-Ingredient Filipino Eggplant "Adobo"

**Gluten/Wheat/Soy:** Substitute coconut aminos for soy sauce.

### Fantastic Filipino Fried Rice

### Instructions

#### Fabulous Five-Ingredient Filipino Eggplant "Adobo"

##### intro

"Kamusta!" (kah-moo-STAH). That's "Hello" in Tagalog, a language spoken in the Philippines. Today we're making Filipino Eggplant Adobo!

##### chop + peel + mince

Wash **1 eggplant** and slice off the stem, then chop eggplant into bite-sized pieces. Smash, peel, and mince **4 garlic cloves** and set garlic aside.

##### sauté + whisk

In a medium skillet, sauté the **chopped eggplant** in **2 tablespoons of olive oil** over medium heat until browned (about 3 to 5 minutes). Add **1 big pinch of salt** to the eggplant. Meanwhile, whisk together **1/4 cup soy sauce, 1/4 cup vinegar, 1 tablespoon sugar, 1 pinch of black pepper**, and the **minced garlic**. Once the eggplant is golden brown, add the sauce to the skillet.

##### cover + snip

Cover the skillet and reduce the heat to low to simmer the sauce. Continue cooking the eggplant for a few minutes until it becomes soft and silky. Meanwhile, kids can use kid-safe scissors to snip **2 green onions** into bits.

##### scrumptious science

Steam is created when water changes its state from liquid to gas. When cooking, you will see steam rising from pots of boiling water because the heat is causing the water to boil and evaporate. Sometimes, you will see steam rising from pots or pans that you didn't add any water to. That is because almost everything you cook has water in it! Vegetables are made up of, on average, 75 percent water. When the water inside your favorite vegetable is heated, it becomes steam. Gases like steam and CO2 can be essential in certain recipes to make them rise. Steam is also used to power and clean engines on certain machines!

##### reduce + garnish

Remove the cover for the last 30 seconds of cooking, turn up the heat, and let the sauce reduce. Serve the eggplant adobo over **Fantastic Filipino Fried Rice** and garnish with the **green onions**! Enjoy!

#### Fantastic Filipino Fried Rice

##### measure + add

Measure **2 tablespoons of olive oil** and add to a medium skillet. Then, add **2 packages of precooked**

**rice** and **1 big pinch of salt**, breaking it apart with a wooden spoon or spatula while the skillet is off the heat.

#### sauté + serve

Turn the skillet on to medium-low, cover it, and sauté until the rice is golden brown in spots, about 4 to 5 minutes. If the rice is too dry, add 1 to 2 T of water as it cooks. Serve with **Fabulous Filipino Eggplant "Adobo!"**

### Island Fruit Flips

#### peel + measure

Peel **1 banana** and add it to a blender (or pitcher for use with an immersion blender). Add **2 cups pineapple juice**, **1 cup coconut milk**, and **1 cup ice** to the banana.

#### blend + pour

Blend until smooth and thick! Then pour into cups and enjoy! Top with optional **flaked coconut** for an extra tropical feel!

## Featured Ingredient: Eggplant!

Hi! I'm Eggplant!

"I'm the star of this dish, the exciting Eggplant! You might think of me as a vegetable, but I'm actually a berry! Not only that, but I'm large and oblong (that's a long oval shape), and I'm purple! Some of my eggplant cousins are short and plump, and have white streaks, but we all wear the same perky green cap, and we're all good to eat!"

### History

The eggplant was called the Mad Apple for hundreds of years before people were actually brave enough to try eating it. People worldwide thought it was poisonous, so it took a long time before someone was brave enough to take a bite.

Eggplant is widely believed to be native to India. In fact, it is known as the King of Vegetables in India. Eggplant still grows wild in India!

Chinese emperors enjoyed eggplant way back to as early as 600 BC. How's this for an interesting fact: Ladies of China found it fashionable to stain their teeth black way back in 600 BC, and they would use eggplant skins to make a black dye for their teeth!

Eggplant eventually made their way around the world with global explorers, but people used them more for table decoration than food for hundreds of years because they were afraid they'd be poisoned if they ate them!

One story tells that when eggplant was brand new to France, King Louis XIV wanted to impress guests at his royal table, so he had his gardeners plant eggplant in his garden. Do you think his diners were

impressed? They were not! They described the eggplant as "fruits as large as pears, but with bad qualities."

King Louis XIV cooked them and served them to his guests anyway, without them knowing. And they didn't get sick! This is because he had done his research first and found out that once eggplant mature, they are safe to eat and are actually quite delicious!

## Anatomy & Etymology

Eggplants are technically berries, not vegetables! Are you surprised? What are some other fruits commonly mistaken for vegetables? How about cucumbers and tomatoes?

Did you know that eggplant and tomatoes are related? That's right—they both belong to the Nightshade family, along with potatoes and peppers.

The standard eggplant is oval or pear-shaped, glossy-skinned, or purple. However, there are many different varieties of eggplant around the world. For example, eggplant can be white, green, round, small, long, purple-and-white speckled, cream-colored, or deep purple.

With eggplant, bigger isn't necessarily better. The smaller the eggplant, the sweeter it tends to taste. Eggplant does have seeds, but once they've developed seeds, their flesh becomes pretty bitter. That's why it's best to harvest eggplant before their seeds become too big.

Europeans gave these berries the name "Eggplant" in the middle of the 18th century because the variety they knew looked exactly like Goose Eggs!

Another name for eggplant is "aubergine" (ober-zheen), adapted from the original Arabic name al-badinjan.

## How to Pick, Buy, & Eat

When buying eggplant, look for smooth skin, even color, heavy-in-the-hand, and no bruises. Squeeze the eggplant gently with a finger and then let go. If the eggplant is fresh, it will bounce back again. The stems should be bright and green.

Store eggplant overnight at room temperature and plan to use it soon after bringing it home. If you are storing it for longer than a day, wrap it in a plastic bag and place it on a shelf in the fridge.

The skin of the eggplant is edible, but many recipes advise peeling the skin before cooking because the flesh is sweeter and more tender, while the skin can be tough.

Eggplant is a very watery vegetable, and this is why many people like to salt their sliced eggplant before frying them to remove some of the excess moisture. They also used to be much more bitter, so people would add salt to them to cut the bitterness. Eventually, growers bred the bitterness out of the plants. Eggplant can be roasted, baked, fried, sauteed, grilled, braised, stir-fried, and stuffed. The only way we wouldn't suggest eating eggplant is raw. While it is not harmful in small doses, eggplant is so much more delicious when cooked.

Eggplant is in peak season from August to March—they love hot weather!

## Nutrition

The color of a fruit or vegetable tells us what nutrient it contains (nature is amazing!). Orange vegetables and fruits have special nutrients. So do green vegetables. Purple eggplant also contain a nutrient that gives them their color: anthocyanin. It's an antioxidant also found in red or purple grapes, blackberries, blueberries, plums, red cabbage, red onions, and prunes.

Brains! Did you know that the brain is made up primarily of fat? Eggplant has a unique nutrient that's been shown to protect the fats in our brain. When we safeguard the fats in our brain, we make it possible for brain cells to send signals back and forth to each other—which is a very good thing! We need our brain cells to talk to each other!

Fiber! We often talk about fiber when we reveal our Surprise Ingredient, and that's because vegetables and fruits contain a lot of fiber. Eggplant are no exception. What does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines. We definitely want to keep those running in tip-top shape!