



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 **** (for EGGPLANT ALLERGY sub zucchini)****

4 garlic cloves

2 green onions

1 large, ripe banana (see Lesson Plan Tidbits for method to ripen bananas faster)

Pantry:

1/4 tsp salt

1/4 C soy sauce **** (for GLUTEN/SOY ALLERGY sub coconut aminos)****

1/4 C vinegar

1 T sugar or honey

1 pinch black pepper

4 T olive oil

1 8-oz pkg pre-cooked white or brown rice

2 C pineapple juice (or orange/apple juice)

1 C coconut milk (or rice/plain soy milk)

Optional: flaked coconut, for drink garnish

Have on hand:

2 T water

1 C ice

Fun-Da-Mentals Kitchen Skills

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

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

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.

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

mince: to chop into teeny tiny pieces.

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

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

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

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

Equipment

Blender (or pitcher + immersion blender)

Liquid measuring cup

Medium skillet

Measuring spoons

Vegetable peeler

Cutting board + kid-safe knife

Medium skillet + matching lid

Wooden spoon or heat-resistant spatula

Kid or kitchen scissors

Ingredients

Fabulous Five-Ingredient Filipino Eggplant "Adobo"

- 1 large purple eggplant **** (for EGGPLANT ALLERGY sub zucchini)****
- 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 sugar
- 1 pinch black pepper
- 2 green onions

Fantastic Filipino Fried Rice

- 2 T olive oil
- 1 8-oz pkg 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 (or rice/soy milk)
- 1 C ice
- flaked coconut (optional)

Food Allergen Substitutions

Fabulous Five-Ingredient Filipino Eggplant "Adobo"

Eggplant: Substitute zucchini for eggplant.

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Soy: Substitute coconut aminos for soy sauce.

Fantastic Filipino Fried Rice

Island Fruit Flips

Instructions

Fabulous Five-Ingredient Filipino Eggplant "Adobo"

peel + chop

Peel **1 eggplant**. Chop 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 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 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's scissors to snip **2 green onions** into bits.

reduce + garnish

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

Fantastic Filipino Fried Rice

add + sauté + salt

Add **2 tablespoons of olive oil** to a medium skillet. Then add **1 package of precooked rice**. Add **1 big pinch of salt** and sauté until rice is golden brown in spots. Serve with Fabulous Filipino Eggplant "Adobo" (see recipe)!

Island Fruit Flips

peel + measure

Peel **1 banana** and add it to a blender (or pitcher + 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 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!

