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ROASTED JAPANESE EGGPLANT & GRILLED PORK BLADE STEAK

This recipe demonstrates how to make good use of the Convection Broil mode in your oven.

I began by roasting the eggplant in the Convection mode, then changed the mode to Convection Broil and added the pork blade steak. The benefit of using the Convection Broil mode is that the eggplant could continue cooking in Convection while the pork was being cooked by the powerful direct heat of the broiler.

I prepared this meal in a Speed oven that has Microwave, Convection, and Broil modes but this meal can also be prepared using the Convection Broil mode in a larger Convection oven. This meal could also be prepared with boneless skinless chicken thighs, salmon, or skirt steak if you prefer.

Ingredients

For cooking the eggplant

- 2 Japanese eggplant, cut into 1" chunks
- 1 tbsp toasted sesame oil
- 1 tbsp peanut oil
- 3 cloves garlic, coarsely chopped
- 1 tbsp minced fresh ginger

Sauce for serving the eggplant

- ¼ cup tamari or soy sauce
- 2 tbsp rice vinegar
- 2 tbsp Mirin cooking wine or dry Sherry
- 2 tsp cornstarch

Garnish for serving the eggplant

- 4 scallions, white part only, finely chopped
- Finely sliced hot red chili (optional)
- Fresh chopped cilantro for serving, optional

For the pork blade steak

- 1 pork blade steak, approx 12 oz
- 1 tsp Chinese 5-spice powder



1 tsp peanut oil

Preparation

Heat the oven in the Convection or Convection Roast mode and set the temperature to 375F (190C). Place one oven rack close to the Broil element and the other rack in the middle of the oven.

Toss the cubed eggplant with the sesame and peanut oils and the garlic and ginger. Spread the eggplant onto a rimmed baking sheet and place it on the middle rack in the oven. Set the timer and cook the eggplant for 20 minutes.

Meanwhile, prepare the sauce and the garnish and season the pork blade steak. Place the blade steak on a foil-lined rimmed baking sheet.

When the timer has elapsed change the oven mode to Convection Broil 475F (246C) and slide the pork into the oven. Cook the pork for 5 - 6 minutes on the first side then turn it and cook for another 4 - 5 minutes.

Set the pork aside to rest for a few minutes before slicing, drizzle the eggplant with the sauce and add the garnish before serving. Serves 2

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