

PF Chang's Stir-Fried Spicy Eggplant

This is a copycat recipe, I found on the internet, for my favorite menu item at PF Chang's.



Ingredients

1 lb. eggplant. Peeled and cut into 1-inch diced pieces

1 tsp minced garlic

1 Tbsp cornstarch mixed with 2 Tbsp water to make a paste

Avocado, Coconut or Olive oil for frying

Spicy Sauce

2 Tbsp vegetarian oyster sauce

2 Tbsp light soy sauce. I use gluten free soy sauce.

2 Tbsp. water

1 Tbsp white vinegar

1 Tbsp granulated sugar

1 tsp sambal oelek chili paste

½ tsp ground bean sauce (recommend Koon Chun brand)

½ tsp sesame oil

Directions

Step 1

Combine all Spicy Sauce ingredients and mix well.

Step 2

In a wok or large frying pan, deep-fry eggplant at 350 degrees for 1 minute. Remove eggplant and drain on a paper towel or rack.

Step 3

Meanwhile remove all but ½ tsp oil from wok. On high heat, stir-fry garlic for 5 seconds (don't burn the garlic!) and add Spicy Sauce. Reduce heat and let sauce simmer for 20 seconds.

Step 4

Add eggplant and mix well. Simmer for another 10 seconds. Stir in cornstarch paste a little at a time until the desired consistency. Serve immediately with rice or noodles.