

Grilled Eggplant with Balsamic Glaze

by Draeger's Dan & Kathleen Taggart

Difficulty: Medium | Prep Time: 1.25 hours | Serves 6

- 2 large globe eggplants (approximately 1 pound each)
- Coarse kosher salt
- 1 cup Balsamic vinegar*
- Extra virgin olive oil
- Freshly ground black pepper



*This is not the recipe to use your finest Balsamic vinegar. Find one of moderate quality and price. It will be reduced to a syrup.

Remove the stem end and bottom from the eggplants. Slice each into ½-inch thick rounds. Place in a colander and sprinkle with coarse kosher salt (approximately 1 tablespoon). Toss the eggplant so that all is coated with salt and allow to “sweat” for 45 minutes to 1 hour. (This reduces bitterness.)

In the meantime, place the Balsamic in a small saucepan over medium heat and reduce to ¼ cup.

Heat grill over high heat. Rinse the eggplant slices and pat dry. Brush both sides of eggplant with olive oil. Place slices on grill. Turn after approximately 5 minutes. Grill on other side for 3 minutes more or until eggplant slices are well marked and have a “custardy” texture. Remove from grill onto cookie sheet. Brush slices with the reduced balsamic and sprinkle with freshly ground black pepper.

These are good warm or at room temperature.