

# Braised Eggplant with Pomegranate and Tahini

COOK'S  
ILLUSTRATED

## ✓ WHY THIS RECIPE WORKS

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Our braised eggplant boasts a meltingly tender, creamy texture. We cut the eggplant into slim wedges, making sure that each piece had some skin attached to keep it from falling apart during cooking. Instead of treating the dish as a stir-fry, we braised the eggplant in a single batch. Once the eggplant was tender, we reduced the braising liquid to create a sauce.

## INGREDIENTS

- 1    tablespoon tahini
- 1    tablespoon plain whole-milk yogurt
- 1    tablespoon lemon juice
- 1    teaspoon water, plus extra as needed
- 1  $\frac{2}{3}$     cups vegetable broth
- 2    tablespoons pomegranate molasses
- 1    teaspoon table salt
- 1    teaspoon cornstarch
- 2    (8- to 10-ounce) globe or Italian eggplants
- 1    tablespoon vegetable oil
- 2    garlic cloves, minced
- 2    tablespoons toasted slivered almonds
- 2    tablespoons minced fresh parsley



*All-Purpose Whisks*  
**BUY WINNER**



*Chef's Knives*  
**BUY WINNER**



*12-Inch Nonstick Skillets*  
**BUY WINNER**

## INSTRUCTIONS

SERVES 4 TO 6

*Large globe and Italian eggplants disintegrate when braised, so do not substitute a single 1- to 1 $\frac{1}{4}$ -pound eggplant here. You can substitute 1 to 1 $\frac{1}{4}$  pounds of long, slim Chinese or Japanese eggplants if they are available; cut them as directed.*

**Total time:** 50 minutes

**1.** Stir tahini, yogurt, lemon juice, and water together in small bowl. Add extra water, 1 teaspoon at a time, as needed until mixture is thin enough to drizzle. Season with salt to taste and set aside. Whisk broth, pomegranate molasses, salt, and cornstarch together in medium bowl. Trim  $\frac{1}{2}$  inch from top and bottom of 1 eggplant. Halve eggplant crosswise. Cut each half lengthwise into 2 pieces. Cut each piece into  $\frac{3}{4}$ -inch-thick wedges. Repeat with remaining eggplant.

**2.** Heat oil in 12-inch nonstick skillet over medium heat until shimmering. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Spread eggplant evenly in skillet (pieces will not form single layer). Pour broth mixture over eggplant. Increase heat to high and bring to boil. Reduce heat to maintain gentle boil. Cover and cook until eggplant is soft and has decreased in volume enough to form single layer on bottom of skillet, about 15 minutes, gently shaking skillet to settle eggplant halfway through cooking (some pieces will remain opaque).

**3.** Uncover and continue to cook, swirling skillet occasionally, until liquid is thickened and reduced to just a few tablespoons, 12 to 14 minutes longer. Off heat, season with salt and pepper to taste. Transfer to platter, drizzle with tahini sauce, sprinkle with almonds and parsley, and serve.

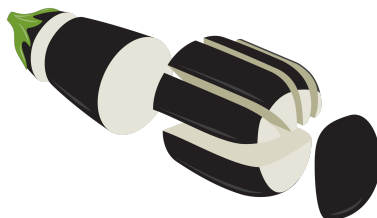
## How to Prep Eggplant for Braising

Peeled pieces of eggplant, as well as pieces that are too large, will disintegrate as they simmer. For intact pieces, it's

FROM THE SHOP

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important to choose a medium-size eggplant (if using a globe or Italian variety) and cut it so that each piece has some skin attached.



1. Cut eggplant in half crosswise.
2. Cut each half lengthwise to form two pieces.
3. Cut each piece into  $\frac{3}{4}$ -inch-thick wedges.

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can withstand 1000 degree temps to respond to those who wondered if it would work) and it turned out great. A "make again" as my family rates things. This is a great recipe, and I will definitely make it again. My butcher gladly butterflied the chicken for me, therefore I found