



# Eggplants

## **Eggplant Tips**

- Eggplants are available all year-round, peaking in the summer. They come in a wide range of shapes and colors.
- Look for shiny, smooth skin and green stems. The flesh should give a little bit when gently pressed. Store in a cool place, but DO NOT store in the refrigerator as it will damage the texture.
- While subtle bitterness defines the eggplant, if not kept in check it can be overpowering. To avoid this, some cooks slice raw eggplant, sprinkle it with salt, and leave it for up to 30 minutes to remove some of the moisture and bitterness. The bitterness is concentrated just under the skin, so peeling will also do the trick.
- Do not use aluminum cookware with eggplant because it will cause discoloration. Use a stainless-steel knife; carbon-steel utensils can cause discoloration and a bitter aftertaste.
- Once cut, exposure to air will begin to darken the flesh of the eggplant. A salt water bath or a brush of lemon juice will prevent this.
- The flesh of an eggplant is sponge like and soaks up juices and oils. Before frying, coat eggplant slices with flour, beaten egg, and breadcrumbs. Refrigerate the breaded patties for 30 minutes prior to frying.
- Wait until the last 10 minutes to add to soups or stews.

### **0232 GRAFFITI EGGPLANTS**

Small, tear-drop shaped, beautifully colored, less spongy, and quick-cooking. Compared to other varieties, graffiti absorbs less oil, making them ideal for sautéing.



### **0234 ITALIAN EGGPLANTS**

Italian eggplants tend to be smaller than the American variety, but similar in taste and appearance.



### **0231 SICILIAN EGGPLANTS**

Sicilians refer to eggplants as the “meat of the earth” as they can be prepared like a cutlet. Sicilian eggplants are round with dense white flesh; excellent for grilling!



### **0757 CHINESE EGGPLANTS**

Long, thin, purple, and thin-skinned; they look like a purple zucchini. Chinese eggplants have the most delicate flavor; their flesh is sweet, meat, and seedless. Their color ranges from white to lavender.

### **0771 JAPANESE EGGPLANTS**

Long and slender, nearly seedless, with very dark purple skin. Their skin maintains its color when cooked, a unique characteristic. Be sure to use them quickly, as they have a short shelf-life.



### **0235 INDIAN EGGPLANTS**

Bright purple, oval-shaped. Perfect for stuffing!

### **0789 THAI EGGPLANTS**

Thai eggplant is small (golf ball size), round, green or white, and thin-skinned. Their flesh is pink and seedy, resembling a fig. Texture is firm and crunchy. Versatile; enjoy grilled, fried, baked, stuffed, pickled. Thai eggplants are popular in Thai curry.



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