

Chinese Renal Kitchen - Szechuan Eggplant

 Servings: 4



Nutrient Analysis Per Serving:

Protein:	10 g
Carbohydrates:	12 g
Fat:	12 g
Potassium:	334 mg
Phosphorus:	116 mg
Sodium:	217 mg

**The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

Note: This handout does not replace consultation with your kidney dietitian or health care provider.

Ingredients:

Ground pork, lean or medium	~ 1/3 pound or 125 grams
Chinese eggplant, cut into 2-inch/5-cm long thumb-size pieces	2 medium
Garlic, minced	3 cloves
Ginger root, minced	1.5 teaspoons
Crushed dried chili pepper, to taste	1 tablespoon
Water	1/2 cup or 125 mL
Vegetable oil	1 tsp + 1 tbsp or 5 mL + 15 mL
Sesame oil	1 teaspoon or 5 mL
Green onion, chopped	2 stalks

Pork marinade:

Low sodium soy sauce	1 teaspoon or 5 mL
Corn starch	1 teaspoon or 5 mL

Seasoning:

Low sodium soy sauce	1 teaspoon or 5 mL
Sugar	1 teaspoon or 5 mL
Chinese red vinegar	1.5 teaspoons or 7 mL
Chinese cooking wine	1 tablespoon or 15 mL

Thickener:

Low sodium soy sauce	1 teaspoon or 5 mL
Corn starch	1/2 teaspoon or 2 mL
Cold water	1 tablespoon or 15 mL

Methods

- 1 Marinate ground pork with marinade ingredients for 30 min. Chop fresh ingredients. Prepare seasoning ingredients and thickener ingredients in separate small bowls.
- 2 Heat 1 teaspoon of oil in a wok or frying pan. Stir-fry pork until cooked. Remove from pan.
- 3 In a clean wok or frying pan, heat 1 tbsp of oil. Stir in garlic, ginger, and chili pepper. Add eggplants and stir. Add water and cook until eggplant softens. Add seasoning ingredients. Stir and cook until sauce is incorporated.
- 4 Add cooked ground pork to the eggplant mixture. Stir up thickener ingredients, and add while stirring constantly. Stir-fry until heated through. Add sesame oil and green onion, and stir briefly.