

PF Chang's Stir-Fried Eggplant Recipes

YouTube video link: <https://youtu.be/H3ccdPKSuMc>

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PF Chang's Stir-Fried Eggplant Master Recipe

Ingredients:

Neutral oil (for frying)

6 cups (340 grams) peeled Chinese (or Japanese) eggplant oblique cut (roll cut)

1 teaspoon (5 ml) neutral oil

1 teaspoon (2.25 grams) rehydrated, minced garlic

½ teaspoon (2.5 grams) sambal chili paste

2 tablespoons (7 grams) thinly sliced green onions, mostly whites

Eggplant sauce:

3 tablespoons (45 ml) dark sauce

1 ½ teaspoons (7.5 ml) chang's sauce

¼ cup + 1 tablespoon (75 ml) water

⅛ tsp (0.3 gram) white pepper

Cornstarch slurry: 2 tsp. (5.32 grams) cornstarch + 1 tbsp (15 ml) water, stir well before using

½ teaspoon (2.5 ml) toasted sesame oil

Directions:

1. Peel eggplant and roll cut into pieces roughly 1 ½ - 2 inches long
2. Heat several cups of neutral oil in a wok or a large pot to 350°F (177°C)
3. Add eggplant to oil and deep-fry for 2 minutes, or until roughly ⅔-¾ done
4. Remove eggplant from oil and drain well on a wire rack
5. Heat a clean wok over medium-high heat until it starts to lightly smoke, add oil and swirl it around until it cover the wok
6. Add rehydrated garlic, sambal chili paste, and green onions to the wok and saute for about 10 seconds, or until lightly fragrant
7. Add dark sauce, chang's sauce, and water to the pan until it starts to bubble around the edges and reduces slightly
8. Add fried eggplant to the sauce and toss so all the pieces are coated
9. Add white pepper and gently stir into the eggplant
10. Cook the eggplant until it's tender, usually 30-60 seconds
11. Stir cornstarch slurry so the cornstarch isn't settled at the bottom
12. Pour the cornstarch slurry over the eggplant and gently stir it into the sauce. Continue cooking until the sauce is thickened to your desired consistency
13. Turn off the heat and pour over sesame oil and gently stir it into the eggplant
14. Serve immediately

P.F. Chang's Dark Sauce

Ingredients:

½ tsp. (2.5 grams) Minor's original chicken base (preferably) or Knorr or Lee Kum Kee Asian chicken bouillon powder

¼ cup (50 grams) sugar

¼ cup (60 ml) water

¼ cup + 2 tbsp. (90 ml) Lee Kum Kee low sodium soy sauce (green bottle) or Kikkoman soy sauce

1 tbsp. (15 ml) Lee Kum Kee mushroom dark soy sauce

1 tbsp (19 grams) Lee Kum Kee Panda brand oyster sauce (green bottle) or Lee Kum Kee premium oyster sauce (preferably)

2 tbsp (30 ml) Michiu rice cooking wine (preferably) or Shaoxing cooking wine

Directions:

1. Add chicken bouillon and sugar to a small pot with water
2. Bring to a light simmer and whisk until dry ingredients are dissolved
3. Remove from heat, add remaining ingredients, and whisk until dissolved
4. The sauce can be stored covered in the refrigerator for up to 1 month

Note: P.F. Chang's currently uses Lee Kum Kee low sodium soy sauce (green bottle), Lee Kum Kee mushroom sauce, and Lee Kum Kee Panda brand oyster sauce (green bottle). In the past, they used Kikkoman soy sauce. So, it's really up to you. I also recommend trying to track down Lee Kum Kee's premium oyster sauce because I believe it is superior to the green bottle.

Chang's Sauce

(makes roughly 6 tablespoons)

Ingredients:

¼ cup (50 grams) sugar
3 tbsp (45 ml) white vinegar

Directions:

1. Add sugar and vinegar to a small pot over medium heat.
2. Whisk until sugar is completely dissolved and turn off heat.
3. Cool before using.

Note: after cooled, Chang's Sauce can be covered and stored in the fridge for up to 1 month.