

Baba Ghanoush

Savannah · 28/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

3 hrs 45 mins

Description

Baba ghanoush is a savory smoky dip or spread made with roasted eggplant garlic tahini olive oil and lemon juice Adjust the amount of lemon juice and tahini to suit your taste Delicious served with pita or raw veggies alongside hummus or on its own

Ingredients

- - 1 large eggplant - 2 to 4 tablespoons lemon juice
- or to taste - 1/4 cup tahini or to taste - 2 tablespoons sesame seeds - 2 cloves garlic
- minced - salt and pepper to taste - 1 ½ tablespoons olive oil

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet. Place eggplant on the prepared baking sheet
2. and pierce holes in the skin with a fork. Roast in the preheated oven
3. turning occasionally
4. until very soft and tender
5. 30 to 40 minutes. Set eggplant aside until cool enough to handle; slice in half and scoop flesh into a colander or fine mesh sieve over a bowl; drain for 5 minutes. Place eggplant
6. lemon juice
7. tahini
8. sesame seeds
9. and garlic in blender
10. and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl
11. and slowly mix in olive oil. Refrigerate the baba ghanoush for 3 hours before serving.