

Chef John39s Baba Ghanoush

Oscar · 28/09/2024



Prep Time

3 hrs 20 mins

Difficult

Medium

Servings

3 hrs 55 mins

Description

No matter what youre grilling this summer chances are good youre going to have more hot coals than food to cook on it which makes baba ghanoush the perfect postbarbecue recipe This is a wonderfully savory yet refreshing vegetable dip

Ingredients

- - 4 large Italian eggplants - 2 cloves crushed garlic - 2 teaspoons kosher salt
- or to taste - 1 lemon
- juiced
- or more to taste - 3 tablespoons tahini
- or more to taste - 3 tablespoons extra-virgin olive oil - 2 tablespoons plain Greek yogurt - 1 pinch cayenne pepper
- or to taste - 1 leaf fresh mint
- minced (Optional) - 2 tablespoons chopped fresh Italian parsley

Instructions

1. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Prick the surface of the skin of eggplants several times with the tip of a knife. Place eggplants directly on grill. Turn frequently with tongs while skin chars. Cook until eggplants have collapsed and are very soft
2. 25 to 30 minutes. Transfer to a bowl and cover tightly with aluminum foil and allow to cool
3. about 15 minutes. When eggplants are cool enough to handle
4. split them in half and scrape flesh into a colander placed over a bowl. Drain 5 or 10 minutes. Transfer eggplant to mixing bowl. Add crushed garlic and salt; mash until creamy but with a little texture
5. about 5 minutes. Whisk in lemon juice
6. tahini
7. olive oil
8. and cayenne pepper. Stir in yogurt. Cover bowl with plastic wrap and refrigerate until completely chilled
9. 3 or 4 hours. Taste to adjust seasonings. Stir in mint and parsley. Chef John Chef's Note You can cook the eggplant any way you want
10. but charcoal is my favorite. The next best is cooked over a gas burner
11. but that can mess up your stove
12. so the real next best is baked in a preheated 400 degrees F (200 degrees C) oven until they collapse and get very soft.