

Baba Ghanouj

Yield: approximately 1 ½ Cups (4-6 servings)

- 1 Large eggplant or 2 small (1 ½ pounds)
- High heat oil of choice
- 1-2 Teaspoons minced garlic
- ¼ Cup tahini (sesame-seed paste)
- 1 Tablespoon fresh lemon juice, more to taste
- ¼ Teaspoon salt, or to taste
- Chopped fresh parsley, for garnish
- Lemon wedges or slices, for garnish
- Toasted pita chips or cut vegetables, for dipping



To roast eggplant, rub outside with high heat oil of choice and set eggplant directly on a gas flame, grill, or grate. The eggplant will start to crack and give off juices; it should become an ashy gray-black. Turn it as it cooks but be careful as it softens under heat and will become difficult to move without splitting. When the eggplant is charred gray and very tender all the way through, transfer to a plate to cool.

Alternately, set the oven to 425 DegF. Cut the eggplant in half lengthwise and rub the skin with high heat oil. Place halves, flesh side down, on baking sheet covered with parchment. Bake about 20 minutes until flesh is soft, the skin is crisp and is pulling away from the flesh. Remove from oven and allow to cool.

For whole eggplant, slice off the top of the cooled eggplant, and then cut it in half lengthwise. Using a spoon, carefully remove all the pulp, but avoid any bits of blackened skin. For halves, the skin should just peel off. Place pulp in a food processor bowl and add garlic, tahini, lemon juice and salt. Process until smooth. Taste and add additional tahini, lemon, and/or salt as necessary. Place in a bowl and chill before serving. Flavor is better the next day!

Sprinkle with chopped parsley, garnish with lemon wedges and serve with pita chips or cut vegetables.