



Baba Ganouj (“Ga-noosh”) – Eggplant Dip

Ingredients:

A little oil for the baking sheet

1 medium (7 inch/16cm) eggplant

2 medium cloves of garlic, minced

¼ cup of fresh lemon juice

¼ cup of sesame tahini

½ tsp salt

Black pepper and cayenne to taste (¼ tsp or so)

Method:

Preheat the oven to 175 – 200 degrees C. Lightly oil a baking sheet/tray

Slice the eggplant in half lengthwise, and place face down on the baking sheet. Bake for 30 minutes or until it is very tender. Cool until it’s comfortable to handle.

Scoop out the eggplant pulp, and discard the skin. Place the pulp in a food processor or blender and add the garlic, lemon juice, tahini, and salt. Puree until smooth or mash by hand.

Transfer to a dish, cover tightly and chill. Drizzle the top with olive oil and garnish with minced parsley.