

# Baba Ghanoush

While there are some good commercial Baba Ghanoush dips out there, there's something special and satisfying about making your own. Cooking the eggplants over a gas flame is what gives Baba Ghanoush that smoky flavour it's famous for. Baking or grilling the eggplants on a barbeque will still produce a wholesome, creamy dip. Baba Ghanoush is one of those dips that's so nutritious and versatile. It's vegan friendly too!!



## Baba Ghanoush

It's impossible to write about Baba Ghanoush without making reference to its famous smoky flavour. While using a gas flame is preferable, it may not be practical or convenient for everyone. My instructions (see below), will provide options for cooking the eggplants, with or without a gas burner. While a gas burner will give you that intense smoky flavour, you will still have a beautiful dip without one.



Baba Ghanoush is perfect for dipping bread into (even double dipping if no-one's looking). Stir it through cooked veggies or place it on an antipasto platter along with olives, prosciutto and sun dried tomatoes. A dollop over steamed veggies or in a kebab are just some of the ways you can add

Baba Ghanoush to your meals.



**Preparation Time: 10 mins**  
**2-2.5 cups**

**Cooking Time: 30 mins**      **Makes:**

## Ingredients

- 3 medium eggplants
- 1 -2 garlic cloves, grated
- 2 tbsp lemon juice
- 1 tbsp olive oil, plus extra for drizzling
- 2 tbsp tahini (note 1)
- 1 tbsp finely chopped parsley, plus extra for sprinkling

## Optional

- 1 tsp paprika for dusting
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## Instructions

1. **Gas Flame:** place the eggplants over a gas flame. Turn occasionally until well charred on all sides and skin begins to blister.
  2. **Barbeque:** preheat the barbeque to medium-high heat. Place the eggplants on the barbeque. Turn occasionally until well charred on all sides and skin begins to blister.
  3. **Oven grill:** preheat the oven to 190 C / 375 F. Place the eggplants on a tray on the top rack. Turn occasionally until skin blackens and blisters.
  4. **Remove** from the heat and allow to cool. Carefully peel the skin from the eggplants. Place the flesh between your hands and squeeze out as much moisture as possible.
  5. **Place** the eggplant flesh in a food processor with the garlic, lemon juice, olive oil and parsley. Process until it has reached a consistency you like. I like mine to have some texture so I don't process for too long (note 2).
  6. **Tip** into a bowl. Mix through the tahini. Add salt to taste. Adjust the flavours to your liking.
  7. **Transfer** to a plate or serving bowl. Add a drizzle of olive oil and a sprinkling of finely chopped parsley. A light dusting of paprika adds that little bit extra flavour and colour.
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## Notes

1. Tahini is a peanut butter like paste made from toasted sesame seeds. It's used to add flavour as well as thicken dips such as Baba Ghanoush.
2. In case you don't have a food processor, a hand held blender will also do the job.

I'm signing off with the Arabic translated version of bon appetit, "May you have your meal with gladness and health".

Danielle