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Baba Ghanoush



Ingredients

3lb. eggplant
4oz. tahini
4 fl oz. fresh lemon juice
3 cloves garlic, chopped finely
1/4 tsp. cayenne pepper
1 1/2 tsp. kosher salt
fresh ground pepper to taste
olive oil for drizzling
parsley and kalamata olives for garnish

Preparation

- 1 Preheat the oven to 220°C. Place the eggplant directly onto the wire rack and bake for approximately 45 minutes, until the skin chars
- 2 Halve eggplants lengthwise and scrape out the meat into a sieve or colander and let any excess liquid drain off
- 3 In a food processor blend all the ingredients except the oil, olives and parsley together until smooth
- 4 Serve in a small bowl drizzled with olive oil and garnished with olives and herbs.

Cooks Note

Preparation time 40min; Makes 4 cups
