

BABA GHANOUSH

This traditional Middle Eastern eggplant spread or dip is typically served cold or at room temperature with pita bread or thin slices of crusty French bread. Fabulous! as a sandwich spread.

Executive Chef Kurt Kwiatkowski

Featured Food: Eggplant

Yield: 3 Cups

Ingredients

3 lb. eggplant, about 3 medium	Juice of 2 lemons
1 head garlic	½ t. salt
2 T. olive oil	⅛ t. cayenne pepper
⅓ c. tahini	3 T. chopped fresh parsley
½ t. ground cumin	

Preparation

Preheat oven to 450°F. Prick the outside of the eggplants with the tines of a fork, then coat with oil and place the whole eggplants on a baking sheet. Cut ¼ inch off the top of the garlic head, drizzle with 1 teaspoon oil, and wrap in aluminum foil. Place eggplant and garlic in hot oven for 20 to 30 minutes until eggplants are well-browned and completely shriveled, and the inside is very tender. The garlic is done when the cloves feel very soft.

Set aside to cool. Then cut eggplants in half lengthwise. Scrape out the flesh and place in the bowl of a food processor. Squeeze the garlic to remove 3 cloves. Refrigerate the remaining garlic for another use.

Add the tahini, cumin, 3 cloves roasted garlic, lemon juice, salt, and pepper to food processor bowl. Blend until smooth. Remove from food processor and then mix parsley by hand. Adjust seasoning with salt and additional lemon juice if needed