

Baba Ghanoush

Baba Ghannouj or Baba Ghanoush is a Middle Eastern dish made of eggplant and other seasonings. It is eaten as a dip and served with pita bread. I like to serve it with any variety of crudite as well.

Ingredients

2 large Japanese eggplants
2 cloves garlic, chopped
1/4 cup tahini paste
1 teaspoon ground cumin, toasted
1/3 cup flat-leaf parsley, chopped
1 medium lemon, juiced
1/4 cup extra virgin olive oil
kosher salt, to taste
freshly ground black pepper, to taste
water, as needed
1 tablespoon pistachios, finely chopped
1 tablespoon pomegranate seeds

Method

1. Preheat oven to 400 degrees. Pierce eggplants all over with a fork, this allows steam to escape and prevents the eggplants from exploding. Roast for 20-30 minutes or until skin is brown and blistered. Remove and allow to cool.
2. Split the eggplants open and scoop out the flesh, discard the skin. Place pulp into a sieve and squeeze to remove excess liquid.
3. Transfer eggplant to a food processor, add garlic through pepper. Pulse several times to make a thick puree, as water as needed to reach desired consistency. Taste and adjust seasoning if necessary. Can be made up to 2 days in advance. Store, covered in a plastic container in the refrigerator. Allow to sit at room temperature for at least 30 minutes prior to serving.
4. Garnish with pistachios and pomegranates seeds.

Source: Yolanda Banks

