

Baba Ganoush

Bialik College Kitchen Garden Program



Ingredients:

- 1 large eggplant
- 2 cloves garlic, roughly chopped
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 tablespoon parsley
- ½ teaspoon salt

Equipment:

- metric measuring spoons
- chopping board
- knife
- food processor
- spatula
- baking tray

Method:

1. Preheat oven to 200C.
2. Prick eggplant with a fork, then place on a tray and put into the oven.
3. Roast eggplant for about 40 minutes or until very soft inside.
4. Cool completely.
5. Scoop out the eggplant's pulp and place in a food processor.
6. Add remaining ingredients into the food processor, pulse until pureed, but still has some texture.