

Baba Ghanoush (Eggplant Dip)

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
- 1 small handful of parsley, roughly chopped

Equipment:

- metric measuring spoons
- chopping board
- cook's knife
- fork
- food processor
- spatula
- baking tray
- mixing bowl

Method:

1. Preheat oven to 200C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Prick the eggplant all over with a fork, then place on a lined baking tray and put into the oven.
4. Roast eggplant for about 40 minutes or until very soft inside.
5. Allow the roasted eggplant to cool completely.
6. Scoop out the eggplant's pulp and place in a mixing bowl. Drain and pat excess moisture from the flesh of the eggplant with paper towels.
7. Place the garlic, chopped parsley, lemon juice and salt into the bowl of the food processor and process the ingredients to a coarse blend.
8. Add the eggplant to the food processor and continue to blend until smooth.
9. Drizzle the oil and the tahini over the mix and continue to blend, scraping down occasionally, until the dip is thick and creamy.
10. Check seasoning and place in a bowl & garnish with some chopped parsley to serve.