

Baba Ganoush



Time: 60 minutes (prep 15 minutes, charring/baking 45 minutes)

Serves: 2-4

Ingredients: 2 small to medium eggplants
2 medium cloves of garlic (optional)
2 tablespoons lemon juice, more if necessary
¼ cup tahini
⅓ cup extra virgin olive oil
2 tablespoons chopped fresh parsley
¾ teaspoon salt, or to taste
¼ teaspoon ground cumin
Pinch of smoke paprika for garnish
Chopped fresh cilantro for garnishing

Directions:

1. Place the eggplants on a baking sheet and broil until they are charred on all sides.
2. Then cover with aluminum foil and roast in the oven at 400 degrees F for 30-40 minutes or until you can easily pierce the eggplants with a fork.
3. Remove eggplants from the oven and place them in a bowl to let rest and cool. As it cools it will sweat and release liquid that can be used to thin out the Baba Ganoush to the desired consistency.
4. Combine all the other ingredients (except for the paprika) in a blender or food processor.
5. Remove the blackened charred skin of the eggplants and stem.
6. Place the meat from the eggplant into the food processor or blender with the other ingredients and blend until creamy. Add the leftover eggplant juice to create desired consistency.
7. Garnish with cilantro and paprika.
8. Serve with warmed or toasted pita wedges.