

Baba Ganoush



Serves: 1



Cooking Time: -



Level: Easy



INGREDIENTS

5 medium sized eggplants (I used graffiti eggplant)
2 tablespoons lemon juice + the zest of 1/2 of a lemon
2 tablespoons extra virgin olive oil
1 tablespoon tahini
1 clove garlic, minced
1 tablespoon flat leaf parsley, chopped
5 leaves of basil, chopped
salt + pepper (to taste)
1 tablespoon pine nuts, toasted (optional)
a pinch of toasted sesame seeds (optional)

PREPARATION

1. Place the wire rack in your oven close to the boiler, and pre-heat the broiler on its highest setting. Score the eggplants all around and then place them on a baking sheet directly under the broiler. Broil the eggplants for about 45 minutes – 1 hour, turning over half way through. You want them to be totally charred on the outside, and soft on the inside. When they are done, remove them from the oven and allow them to cool.
2. Once the eggplant has cooled, open them up and scoop out the insides into a colander using a spoon. Allow some of the water to drain and then transfer to a bowl.
3. Mix the eggplant with the lemon juice, olive oil, tahini, garlic, salt, and pepper. Adjust seasonings to taste. Garnish with herbs and toasted pine nuts or sesame seeds, and serve with pita chips or crudités.