Babaghanoush

2-3 Eggplants (large)
2 cloves Garlic – chopped finely
1 tbls Ketjap manis (Indonesian sweet soy)
1 tbls Spicy Tomato Chutney
(see Basics, page 149)
1 tbls Mayonnaise (good quality, preferably homemade, see Basics page 150)
Juice of 1 lemon
Salt and pepper

Put the oven to 180ºC.

Preheat the eggplants whole, until soft.

Remove from the oven and lay them on a naked gas flame for a few seconds, turning them as they become black and charred. This is optional. However, it is entirely worth the extra effort, as the true smoky flavour of this Middle Eastern dish.

Peel the flesh from the skin and put it in a food processor with garlic, ketjap manis, tomato chutney and mayonnaise. Roughly blend (not a smooth paste), and finish with salt, pepper and lemon juice to taste.

The version of babaghanoush has some clear differences from the traditional eggplant purée. The addition of Spicy Tomato Chutney has been my ‘secret ingredient’; one that many have asked to try it.

Can add tahini 2/3 cup.

Do not need to remove skin.

Source: Kristen McKay
Grain Cafe.