

BABA GIANNOUSH

Baba giannoush is a traditional Greek dip made from roasted eggplant, garlic, lemon juice, and tahini. It is a popular appetizer and is often served with pita bread. The suggestion is that baba giannoush is a healthy and delicious dip that is easy to make and can be served to large groups of people.

INGREDIENTS

- 1 large firm, dark eggplant
- 1 clove garlic
- pinch sea salt
- 1 tsp lemon juice
- 2 tbs tahini paste
- EV olive oil



METHOD

- Roast the eggplant by placing it over a flame on a gas stove top, turning carefully with tongs as it blackens and softens. The eggplant also can be oven roasted or even roasted in a small pan on the stove, but blackening over a flame delivers the characteristic smoky flavour.
- Carefully peel the blackened eggplant, ensuring no skin remains as it will make your dip less attractive.
- In a food processor, combine the garlic and salt, pulse until fine, and then add the lemon juice and tahini. Pulse. Finally, add the roughly chopped eggplant and process until the desired texture is achieved. This dip should be smooth, but a measure of texture is acceptable.
- Serve with a drizzle of EV olive oil.

NOTE: If you place the blackened eggplant in a large bowl and cover, while it begins to cool, with plastic cling film, you will find it easier to peel.