

BABA GHANOUSH... *a labour of love*

Baba ghanoush translates as "spoiled father", because of the work involved in preparing it. The suggestion is that husbands and fathers are indeed spoiled, and fortunate, to have someone willing to make this opulent dip for them. Quite so!

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.

