

BABAGHANOUSH

- 2-3 Eggplants (large)
- ~~2 cup (100g) Tahini~~
- 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

the oven to 180°C.

the eggplants whole, until soft.

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

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

Notes:

Preparation 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
me to try it.

Can add tahini 2/3 cup.

Do not need to remove skin

Source: Kristen McKay
Culinary Arts



Steam the
Mix throug
Season w
Mustard
avocado