



Classic Baba Ghanoush

About 12 appetizer servings
Kosher Key: Pareve

Prep Time: 30 Minutes
Cook Time: 5 Minutes

INGREDIENTS

2 medium eggplants (about 3 lbs. total), roasted
1/3 cup tahini (from light seeds, not "dark tahini")
3 roasted garlic cloves (or 1 clove raw garlic, crushed)
2 fresh lemons, juiced (or more to taste)
1/2 tsp cumin
1/2 tsp salt, or more to taste
Pinch of cayenne pepper
2 tbsp minced fresh parsley (for garnish)
Paprika (for garnish)
Extra virgin olive oil

To learn how to roast eggplant and/or garlic, click on the links above the recipe card.

Remove pulp from roasted eggplant and place in a bowl along with some of the smoky roasting liquid. Allow to cool to room temperature.

Add tahini, garlic, fresh lemon juice, cumin, salt, cayenne pepper and 1 tbsp extra virgin olive oil to the bowl.

Use a fork and/or spoon to mash together the mixture, using firm pressure to break up the tahini paste, roasted garlic, and any stringiness of the eggplant. Mix until well combined.

Taste the dip. Add additional tahini, lemon juice, salt or cayenne pepper, if desired. The cayenne is extremely spicy, so add with care.

Drizzle the surface of the dip lightly with extra virgin olive oil.

Sprinkle with paprika and fresh minced parsley to garnish.

Serve as a dip with pita bread, crackers or chips. If you prefer a cold dip, chill in the refrigerator prior to garnish. Store refrigerated in an airtight container.



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