

BABA GANOUSH

EQUIPMENT

BLENDER, MIXING BOWLS, FINE MESH SIEVE, CHEF'S KNIFE, RUBBER SPATULA, SPOONS

INGREDIENTS

2 WHOLE EGGPLANT, 3 CLOVES GARLIC, 90GM TAHINI, JUICE OF 2 LEMONS, 3GM GROUND CUMMIN,
6GM GROUND CORIANDER, 6GM SMOKED PAPRIKA, 50-80GM EXTRA VIRGIN OLIVE OIL,
SALT, DUKKAH, PICKED PARSLEY LEAVES

METHOD

PLACE THE EGGPLANTS INTO A PRE-HEATED OVEN STEAM SETTING 100°C FOR 45 MINS

WHILE THE EGGPLANT STEAMS PEEL AND ROUGHLY CHOP THE GARLIC AND PACE INTO THE JUG OF A BLENDER WITH TAHINI, LEMON JUICE,
CUMIN, CORIANDER SMOKED PAPRIKA AND 30GM OF EVOO

BLEND ON HIGH SPEED UNTIL THE MIXTURE THICKENS AND SCRAPE DOWN THE SIDES WITH A RUBBER SPATULA AND BLEND AGAIN.

ONCE THE EGGPLANTS ARE COOKED REMOVE FROM THE OVEN AND SET ASIDE TO COOL

ONCE COOL ENOUGH TO HANDLE CUT THE EGGPLANT IN HALF AND SCRAPE OUT THE INSIDE AND PLACE INTO A FINE MESH SIEVE TO STRAIN OFF
THE BITTER LIQUID

PRESS THE EGGPLANT IN THE SIEVE WITH THE BACK OF A SPOON TO SQUEEZE OUT EXCESS LIQUID AND ONCE DONE ADD TO THE BLENDER WITH
ANOTHER 30-40GM OF EVOO AND SEASON WITH SALT

BLEND ON HIGH SPEED FOR 1 MINUTE THEN CHECK THE SEASONING AND ADJUST IF NEEDED, SCRAPE DOWN THE SIDES OF THE BLENDER AGAIN
AND BLEND FOR A FURTHER 1-2 MINUTES UNTIL SMOOTH

SPOON OUT THE BABA GANOUSH ONTO A PLATE AND SPRINKLE OVER DUKKAH, DRIZZLE OVER A LITTLE EXTRA EVOO AND FINISH WITH PICKED
PARSLEY LEAVES

HINTS & TIPS

- FOR BEST RESULTS LEAVE YOUR COOKED EGGPLANT IN THE STRAINER OVER NIGHT IN THE REFRIGERATOR SO ALL THE BITTER JUICES DRAIN OUT

- USE THE SMOKED PAPRIKA TO GIVE THE BABA GANOUSH THE SMOKED FLAVOUR THAT THIS DISH USUALLY HAS