

Baba Ganoush

(Eggplant dip)

2 ea Eggplants
1/3 c Fresh lemon juice
1/4 c Tahini
6 ea Garlic cloves
1/2 tsp Kosher salt

1. Bake eggplant at 400°F for about 40 minutes until soft and let cool
2. Skin eggplant and place in a food processor with rest of ingredients and puree until creamy.

Baba Ganoush is a popular *mezzeh* (small appetizers) in the Arab states and is served with flat bread cut. It goes well with hummus and skordalia (a Greek potato garlic dip) as a nice trio of dips with pita bread warmed and cut into wedges. I will often garnish with some olive oil and some diced tomatoes. A little feta cheese works well too as a garnish.

Baba Ganoush also works well as a spread on sandwiches with some roasted red peppers, onions, sprouts and feta cheese.

As always I like garlic and lemon so feel free to cut back and both or add more if you like more. I always use fresh lemons and juice them myself because it does make a difference in the flavor. I also always use fresh garlic for the same reason.

As I have said in the past eggplant is always a tricky one. When picking out an eggplant, there is a trick. If you look at the end (I call it the belly button, on the opposite end of the stem), look for it to have a line as opposed to a dot. This will be sweet not bitter. The eggplant can be cut in half and grilled out on the bar-b-q for a nice grilled flavor.

Be creative, have fun and enjoy!!!

