



Recipe from: [My Catholic Tradition](#)

Baba Ghanoush

Adjust the amount of eggplant, garlic and lemon juice in this richly flavored Middle Eastern eggplant dip depending on how creamy, garlicky or tart you want it to be. The dip can served with a garnish of chopped fresh coriander leaves, olives or pickled cucumbers. Hot pepper sauce or a little ground coriander can be added, too.

SERVES TWO TO FOUR

Ingredients

1 large or 2 medium eggplant

2–4 garlic cloves, chopped

6 - 10 tbsp tahini

Juice of 1 lemon, or to taste

Roast the eggplant by placing them directly over the flame of a gas stove or on the coals of a barbecue.

Turn the eggplant fairly frequently until deflated and the skin is evenly charred.

Remove from the heat with tongs.

Alternatively, place under a hot grill (broiler), turning frequently, until charred.

Put the eggplant in a plastic bag and seal the top tightly, or place in a bowl and cover with crumpled kitchen paper.

Leave to cool for 30–60 minutes.

Peel off the blackened skin from the eggplant, reserving the juices.

Chop the eggplant flesh, either by hand for a coarse texture or in a food processor for a smooth purée.

Put the eggplant in a bowl and stir in the reserved juices.

Add the garlic and tahini to the eggplant and stir until smooth.

Stir in the lemon juice.

If the mixture becomes too thick, add 1 –2 tbsp water.

Season with salt and ground black pepper to taste.

Spoon into a serving bowl.

Serve at room temperature.