

WORLD FOOD & MUSIC CELEBRATION!

Eggplant Dip (Babaganoush)

Chef Hassan Atarmal, Fresh Mediterranean Express

Ingredients:

3 large eggplants
sea salt
olive oil
3 large cloves of garlic, grated or finely minced
2 lemons, juiced
1 cup tahini
fresh cilantro
parsley
pita bread

Instructions:

1. Position a rack at the top of the oven and preheat oven to high broil. Slice eggplant into 1/4 inch rounds, drain any excess liquids and sprinkle with sea salt. After 10 minutes, rinse slightly and then pat dry between two towels. Arrange on a baking sheet and drizzle with olive oil and another pinch of sea salt. Roast for 5 –10 minutes, turning once or twice, until the eggplant is softened and golden brown. Remove from pan, stack, and wrap the rounds in foil to lock in moisture – wait 5 minutes.
2. Peel away most of the skin of the eggplant and place the remaining flesh in a food processor. It should be soft and tender and the skin should come off easy. Add lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add herbs last and pulse. Taste and adjust seasonings as needed. Place in a serving dish and enjoy with warm pita bread.