

BABA GANOUSH

Smokey aubergine and tahini dip

INGREDIENTS

1 large eggplant
1/4 cup tahini, plus more as needed
3 garlic cloves, minced
1/4 cup fresh lemon juice, plus more as needed
1 pinch ground cumin
salt, to taste
1 tablespoon extra virgin olive oil
1 tablespoon chopped fresh flat-leaf parsley
1/4 cup brine-cured black olives, such as kalamata, stones removed

METHOD

STEP 1:

Prick the eggplant with a fork in several places and bake in a hot oven for 25-40 minutes until the aubergine is blistered and soft

STEP 2:

Remove from the oven, let cool slightly, and peel off and discard the skin.

STEP 3:

Place the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste. Add the 1/4 cup tahini, the garlic, the 1/4 cup lemon juice and the cumin and mix well.

STEP 4:

Season with salt, then taste and add more tahini and/or lemon juice, if desired.

STEP 5:

Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well.

Drizzle the olive oil over the top and sprinkle with the paprika.

THE
COOKERY

by The Secret Jozi Chef