



# Baba Ganoush

**makes about 1 cup**

This is a delicious smoky dip originating in Lebanon, but common in most middle eastern cuisines. It is used to spread on bread, meats, or vegetables. Some of the best I ever had was in a small bar in Jordan near Petra. It was a cave that had been converted into a bar with the most delicious snacks. I had a sandwich made with soft bread slathered with baba ganoush and pickled vegetables. I make it at home often, grilling my eggplant over fire for a smoky flavor. You can also cook the eggplant in the oven under the broiler. If you're serving it as a dip, drizzle with olive oil and sesame seeds for a beautiful presentation. Tahini is a sauce made from ground sesame seeds and can be found in most supermarkets or middle eastern markets.

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## INGREDIENTS

3-4 small eggplants (or 2 large), cut in half lengthwise	2 tablespoons tahini
2 cloves garlic, minced	1/4 cup extra virgin olive oil
2 tablespoons fresh lemon juice	salt and pepper, to taste

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## PROCESS:

In a hot charcoal grill, place the eggplant halves, cut side down, on a grate in the coolest part of the grill (not directly over the coals). Close the lid and allow to cook for about 20 minutes, depending on the size of the eggplants. When the eggplant is soft (like a baked potato), remove and allow to cool. (Alternatively, you can place the eggplant on a baking dish and roast in an oven at 375 degrees for 30 minutes). When cool, remove the skins and discard. Place the eggplant into a sieve or colander and lightly press to strain off the liquid. Alternatively, put the eggplant into the bowl of a salad spinner, and spin out the liquid.

Put the strained eggplant into the bowl of a food processor. Add the garlic and lemon juice. Process until blended. Slowly add the tahini and olive oil while pulsing the food processor, until mixture is well blended. Season with salt and pepper, to taste. Pour into a bowl and serve with bread or meat.