

Baba Ganoush

Prep time:

10 minutes

Cook time:

40 minutes

Yields:

4 people

Ingredients:

- 1 large eggplant
- 1 tablespoon extra virgin olive oil
- 1 1/2 tbsp tahini paste
- 1 garlic clove
- 1 tbsp lemon juice, more if you like
- Salt and pepper to taste
- 1/2 tsp sumac, more for garnish
- Chopped parsley for garnish

Directions:

Preheat the oven to 425 degrees F. Trim the top of the eggplant and cut in half, and using your knife, make a few slits in the skin.

Sprinkle the eggplant flesh with salt and let it sit for a few minutes to “sweat out” its bitterness, then dab dry.

Place the eggplant halves, flesh side down, on a lightly oiled baking sheet then drizzle with olive oil. Bake in the 425 degree F heated-oven for 30-40 minutes or until the eggplant fully softens through. Remove from the oven and set aside to cool.

When the eggplant has cooled, scoop the flesh out and transfer to a colander. Let drain for 3 minutes.

Transfer eggplant flesh to the bowl of a food processor attached with a blade. Add the tahini, garlic, lemon juice, salt, pepper and sumac. Pulse or run the food processor ever so briefly just until everything is blended (avoid over-blending).

Transfer the baba ganoush spread to a small bowl. Cover and refrigerate for an hour (if you don't have the time, try refrigerating for a few minutes to let the flavors meld and the baba ganoush thicken a bit.) Just before serving, top the baba ganoush with a sprinkle of sumac and parsley leaves. Serve with flatbread.