

Epic Baba Ganoush	
Ingredients	Instructions
<ul style="list-style-type: none"> • 3 lbs eggplant, halved (3 small or 2 medium sized) • 3 garlic cloves, finely diced • 6 tbsp tahini • 1 lemon, juiced (2-3 tbsp) • ½ cup olive oil (extra needed, to brush eggplant and as garnish) • 3 tbsp fresh Italian parsley, (extra needed for garnish) • ½ tsp cumin • 1 ½ tsp salt, or more to taste • A pinch of smoked paprika (optional garnish) 	<ol style="list-style-type: none"> 1. Preheat: Place one oven rack in the lower third of the oven and another in the upper third of the oven. Preheat oven to 450°F (230°C) 2. Prep Eggplant: Halve eggplant lengthwise then brush cut side with olive oil and place onto a rimmed baking sheet lined with parchment paper, cut side down. 3. Roast Eggplants: Roast until flesh is soft throughout, the skin is lightly charred and begins collapsing, (about 35–40 minutes). This may take longer if using very large eggplant(s). Halfway through the cooking time swap the position of the baking sheets (the one on the lower rack should move to the top rack and vice-versa). **The baking sheet on the bottom rack will likely need a few extra minutes to finish. 4. Cool: Once fully cooked, set aside to cool for at least 10 minutes. 5. Scoop: Once cool, scoop out the flesh with a large spoon (leaving the skin behind) and place into a mesh strainer over a bowl, remove any bits of skin from the strainer. Remove as much moisture from the eggplant as possible, let it rest for a few minutes in the strainer before shaking and stirring to release as much liquid as possible. Discard drippings. 6. Blend: In a large bowl, add eggplant, garlic, and lemon juice and stir vigorously with a fork until eggplant breaks down. Next add tahini and stir until well incorporated. While stirring slowly drizzle olive oil in and continue to stir until the mixture becomes pale, smooth, and creamy. Use a fork to break up any long strands of eggplant. Finally stir in parsley, cumin, and salt. Taste and adjust seasoning according to taste, (add more lemon juice to make more tart, or add more salt to make more savory). 7. Serve: Transfer to beautiful serving bowls and drizzle lightly with olive oil over the top. Sprinkle with parsley and/or smoked paprika for garnish, if desired. Serve with your choice of pita, pita chips, carrot sticks, cucumber rounds and/or bell pepper slices. Serve chilled, or at room temperature. Best served fresh but can be stored for up to 5 days in the refrigerator.

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