

baba ghanoush

Equipment:

grill pan, small food processor, chopping board, knife, lemon squeezer, measuring cup and spoons, bowl & plate to sit on top, tongs

Ingredients:

½ kg eggplants
juice of 1 lemon
2 cloves garlic, peeled and lightly crushed
¼ cup tahini
1 teaspoon roasted cumin
1 tspn murray river salt, or to taste
¼ cup greek-style yoghurt
black pepper

Method:

Put the grill pan on a high heat, and lay the whole eggplants on top. Roast for 10-15 minutes, turning 2-3 times so they roast evenly. The skin will be burnt black and the flesh soft.

Remove and put into a bowl with a plate on top for a lid. Allow to cool a little. Take out, and carefully pull away the charred skin. Compost. Roughly chop eggplants and put into food processor.

Then add the garlic, tahini, a small amount of salt, lemon juice, pepper and roasted cumin into the food processor. Whizz until smooth. Add yoghurt and whizz again. Taste, then add more salt, lemon, cumin & pepper if necessary.

Serve sprinkle with a little olive oil if desired.