

Baba Ganoush (Eggplant Dip) and Lavosh

Ingredients:

- 4 large eggplants
- 6 tablespoons olive oil
- 6 tablespoons tahini
- 3-4 cloves garlic-minced
- 1 teaspoon ground cumin
- Juice of 2 lemons
- Salt and cayenne pepper to taste
- 2 tablespoons chopped parsley
- Pita bread and vegetable sticks to serve



Equipment:

- Baking tray
- Baking paper
- Fork
- Knife
- Chopping board
- Pastry brush
- Small bowl
- Spoon
- Garlic press
- Measuring spoons
- Lemon juicer
- Large bowl
- Serving bowls

Method

1. Preheat oven to 200 degrees Celsius and collect all ingredients and equipment.
2. Poke the eggplants in several places with a fork. Then cut the eggplants in half lengthways and brush the sides lightly with olive oil (approx. 2 tablespoons).
3. Place on a baking tray lined with baking paper, cut side down and roast in the oven until they are very tender (approx. 35-40 minutes).
4. Remove from the oven and allow to cool for 15 minutes.
5. Scoop out the eggplant flesh into a large bowl and mash well with a fork.
6. Add the minced garlic, remaining olive oil, tahini, cumin, lemon juice, salt and a pinch of cayenne pepper to the mashed eggplant mix.
7. Mash/stir well to ensure all the ingredients are well combined in the bowl. You want the mixture to be smooth but still retaining some of the eggplant texture.
8. Taste the dip and season with more salt, lemon juice and cayenne pepper if it needs.
9. Place into a serving bowl, sprinkle with the chopped parsley and drizzle with a little bit of olive oil.
10. Serve with pita bread, crackers, toast, vegetable sticks or sliced baguette and enjoy!