

Baba Ghanoush, Oven Method

INGREDIENTS

- 2 pounds eggplant (about 2 large globe, 5 medium Italian, or 12 medium Japanese), each poked uniformly over surface with fork to prevent bursting
- 1 tablespoon lemon juice
- 1 small clove garlic, minced
- 2 tablespoons tahini paste
- Salt and ground black pepper
- 1 tablespoon extra-virgin olive oil, plus extra for serving
- 2 teaspoons chopped fresh parsley leaves

INSTRUCTIONS

When buying eggplant, select those with shiny, taut, and unbruised skins and an even shape (eggplant with a bulbous shape won't cook evenly). We prefer to serve baba ghanoush only lightly chilled. If yours is cold, let it stand at room temperature for about 20 minutes before serving. Baba ghanoush does not keep well, so plan to make it the day you want to serve it. Pita bread, black olives, tomato wedges, and cucumber slices are nice accompaniments.

1. Adjust oven rack to middle position and heat oven to 500 degrees. Line rimmed baking sheet with foil, set eggplants on baking sheet and roast, turning every 15 minutes, until eggplants are uniformly soft when pressed with tongs, about 60 minutes for large globe eggplants, 50 minutes for Italian eggplants, and 40 minutes for Japanese eggplants. Cool eggplants on baking sheet 5 minutes.

2. Set small colander over bowl or in sink. Trim top and bottom off each eggplant. Slit eggplants lengthwise and use spoon to scoop hot pulp from skins and place pulp in colander (you should have about 2 cups packed pulp); discard skins. Let pulp drain 3 minutes.

3. Transfer pulp to workbowl of food processor fitted with steel blade. Add lemon juice, oil, garlic, tahini, 1/4 teaspoon salt, and 1/4 teaspoon pepper; process until mixture has coarse, choppy texture, about eight 1-second pulses. Adjust seasoning with salt and pepper; transfer to serving bowl, cover with plastic wrap flush with surface of dip, and refrigerate 45 to 60 minutes. To serve, use spoon to make trough in center of dip and spoon olive oil into

MAKES 2 CUPS FROM
THE SHOP



it; sprinkle with parsley and serve.

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PREPARATION

When preparing baba ghanoush, you will need to roast the eggplants in the oven. Preheat the oven to 400 degrees Fahrenheit. Wash and cut the eggplants into halves. Rub them with olive oil and salt. Place them on a baking sheet and roast for 45 minutes. The skin should be charred and the flesh soft. Scoop out the flesh and discard the skin. Mash the flesh with a fork or potato masher. Add the remaining ingredients and mix well. Sprinkle with parsley and serve.

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