RECIPE

Roasted Eggplant Baba Ganoush

A smoky roasted-eggplant dip with tahini, lemon and cumin, a snack for dipping carrot sticks, with the salt and the oil measured.

MAKES

6 servings US Metric

TOTAL

1 h 30 min

Ingredients

- [ ] 2 medium eggplants (about 1¼ lb / 548 g each; 916 g once peeled)
- [ ] ¼ cup tahini
- [ ] 3 tbsp lemon juice
- [ ] 2 tbsp olive oil, 1 tbsp in the dip and 1 tbsp to drizzle
- [ ] ½ tsp garlic powder
- [ ] ¼ tsp ground cumin
- [ ] ½ tsp salt
- [ ] 2 tbsp chopped fresh parsley
- [ ] 1 tsp paprika, to finish
- [ ] 6 medium carrots, cut in sticks for dipping

Method

1. Heat the oven to 425 °F. Line a sheet pan with foil. Halve the eggplants lengthwise and set them cut side down on the pan.
2. Roast 35 to 40 minutes, until the skins wrinkle and collapse and a knife slides into the thickest part with no resistance. Cool 15 minutes.
3. Scoop the flesh into a strainer set over a bowl and discard the skins. Let it drain 15 minutes, pressing lightly with a spoon.
4. Tip the drained flesh into a bowl and mash it with a fork until it holds together but still has some strands.
5. Stir in the tahini, lemon juice, 1 tbsp of the olive oil, garlic powder, cumin and salt. Taste: it should be smoky, nutty and bright.

6 Spread the dip in a shallow dish. Drizzle the remaining 1 tbsp olive oil over it, then scatter the parsley and paprika on top.

7 Serve with the carrot sticks. Cool leftovers no more than 2 hours, then refrigerate, covered, up to 4 days.