

# BLISSFUL BABAGANOUSH

Recipe: Julie Ann Sageer, Lebanese Cuisine

Serves 4-6 ♦ prep time: 50 minutes ♦ total time: 60 minutes

*An earthy eggplant dip that is full of bold flavors, rich texture and warmth, lightly drizzled with extra virgin olive oil, freshly chopped parsley, topped off with touches of paprika, served with warm wedges of pita bread.*



- 2 eggplant (2 cups), roasted
- 1/4 cup flat leaf parsley, finely chopped
- (medium sized) \* preferably Baby Italian
- 1-2 tbsp. cold water
- 2 garlic cloves, crushed
- 1 tsp. sea salt
- 2 lemons (1/2 cup), freshly squeezed
- 2 pinches ground pepper
- 1/3 cup tahini (sesame seed paste)

## **preparation:** (preheat oven to 400\* degrees)

- 1** First, poke small holes along outer skin of eggplant (using a fork or tip of a pairing knife), wrap each eggplant separately in tinfoil, and roast for approximately 40 minutes (until eggplants are completely cooked through, soft to touch). Remove from oven, stand to cool on counter top or rack until warm. Next, peel the skin off the eggplants (while still warm), chop into large cubes. \* Keynote you may also roast the eggplants on a grill.
- 2** Now, in a food processor, finely crush 2 garlic cloves, add 1/4 cup parsley and finely chop. Then combine 1/3 cup tahini, 1- 2 tbsp. cold water, half of a 1/2 cup fresh lemon juice, 1 tsp. sea salt, 2 pinches pepper and blend thoroughly (consistency should be smooth -- but not too thick and not too thin or runny). It should have “fluidity” and be able to lightly coat a spoon.
- 3** Then, add 2 cups roasted eggplant cubed, remaining lemon juice, blend by pulsing food processor a few times (just enough to incorporate all ingredients together nicely). \* Be careful not to over process.
- 4** When ready to enjoy: Complete with drizzles of extra virgin olive oil, freshly chopped parsley, touches of paprika. Ideally served room temperature with warm wedges of pita bread, olives and sliced wedges of ripe tomatoes.

## **tip time:**

- 1** By poking small holes along eggplant allows the steam inside the skin to release, keeps your eggplant from bursting and overall allows the eggplant to roast evenly all the way through.
- 2** Peeling eggplants while still warm makes it much more easier for the skin to peel off.
- 3** For 6-8 servings double the recipe