

10/16/10 - Baba Ganoush

Baba Ganoush, alternatively known as chatzilim (Hebrew for eggplants), or eggplant dip, with its smoky, earthy, strong garlic flavor is sublime on pita bread, crackers, or in falafel filled pita pockets. My favorite way to enjoy baba ganoush is in an Israeli



This time of year, the farm market is full of eggplants in every color and shape. The versatile eggplant can be sliced and fried, made into cubes and fried, cooked in ratatouille, marinated, grilled, put in salad, and mashed with cheese to fill borekas.

Be sure to pick firm, unblemished, and perfectly shiny eggplants. Old eggplants can be seedy and bitter.

2 large eggplants

3 garlic cloves

1/2 cup tahini Paste

1/2 cup lemon juice

1 teaspoon salt

Wash and dry the eggplants. Pierce with a knife, so the steam may escape while grilling. Preheat the barbecue, and when it is ready place the eggplants on a clean grill to cook through. Turn occasionally with a tong. My eggplant took about 40-45 minutes until it was soft through and through. Remove the eggplant from the grill



Peel the eggplants, carefully scraping all the pulp from the skin. Remove the hanging strands of seeds. Take the clean flesh of the eggplant and place it in the work bowl of a food processor. Peel and mince the garlic cloves. Pick garlic cloves that have no green on the tips. Add the garlic to the food processor. Add the tahini, lemon juice, and salt. Process all the ingredients. If the baba ganoush seems a bit loose, do not worry it sets up when refrigerated. Some people prefer the taste of added mayonnaise rather than sesame tahini. Give it a try.



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