

Baba Ganouj

INGREDIENTS:

- 2 medium eggplants (about 1 pound each)
- 4 cloves garlic, unpeeled
- ¼ cup lemon juice
- 2 tablespoons tahini (see note)
- 1 ¼ teaspoon salt
- Extra-virgin olive oil, for garnish
- Ground sumac, for garnish (see note)

PREPARATION:

Preheat grill to high. Prick eggplants all over with a fork. Thread garlic cloves onto a skewer. Grill the eggplants, turning occasionally until charred and tender, 10-12 minutes. Grill the garlic, turning once, until charred and tender, 6-8 minutes. Transfer the eggplants and garlic to a cutting board. When cool enough to handle, peel both. Transfer to a food processor. Add lemon juice, Tahini, and salt; process until almost smooth. Drizzle with oil and sprinkle with sumac, if desired.

Tips and Notes:

Make Ahead Tip: Cover and refrigerate for up to 3 days.

Equipment needed: Skewers.

Notes:

- Tahini is a thick paste of ground sesame seeds. Look for it in large supermarkets in the Middle Eastern section or near the nut butters.
- The tart berries of a particular variety of sumac bush add a distinctive element to many Middle Eastern dishes. Find them whole or ground in Middle Eastern markets or online at Kalustyans.com or lebaneseproducts.com

<http://www.eatingwell.com/recipes/baba-ganouj.html>

NOTES FROM THE COOK: