Baba ganoush (Lebanese eggplant dip)



Ingredients

♥ 3 large eggplants
♥ 1 lemon, juiced
♥ 0.5 dl olive oil
♥ 1 dl light tahini
♥ 2 cloves garlic
♥ 1 tsp paprika (sweet type)
♥ ground salt and pepper

Topping:
♥ olive oil
♥ sumac (see tips)
♥ paprika (sweet type)
♥ flat-leaf parsley
♥ pomegranate seeds

Instructions

Place the eggplants on a baking sheet covered with parchment paper. Prick them with a fork to make some holes in them.

Place the sheet in the middle of a very hot oven, 240°C. Let the eggplants bake for about 1 hour (see tips). Turn them every quarter hour. The eggplants should then have collapsed, and the skin should be wrinkled and preferably a bit charred as well.

Take the eggplants out of the oven and let them cool on the sheet (they are very hot, so this is important so you don't burn yourself).

Make a cut in the eggplants and scrape out the pulp with a spoon.

Let it drain well to remove excess liquid.

Place the pulp from the eggplants in a food processor with freshly squeezed lemon juice, olive oil, tahini, pressed garlic cloves, and paprika powder. Blend this together into a smooth cream. Season with ground salt and pepper.

Transfer the eggplant cream to a flat dish. Feel free to create a pattern on top with a tablespoon, so the topping can settle in the grooves.

Drizzle a little olive oil over and sprinkle sumac and possibly a bit more paprika powder. Then sprinkle finely chopped parsley and perhaps some pomegranate seeds.

Serve with bread.

Tips

♥ Eggplants need a long time in the oven at high heat to become sufficiently soft inside. For large eggplants, this means 1 hour at 240°C. If you have slightly smaller eggplants, you can use 4 pieces, and it usually takes 45 minutes in the oven.

♥ Alternatively, you can put the eggplants on the grill until they are completely soft inside.

♥ Sumac is a slightly tangy spice made from ground sumac berries. It can be purchased in Norwegian grocery stores with a good selection of spices.

♥ Liba bread can be purchased in international grocery stores and in some of the larger Norwegian grocery stores as well. Pita bread can also be used.

© 2004 - 2026: Life is sweet. All rights reserved.

Source URL: https://dev.detsoteliv.no/en/recipe/baba-ganoush-lebanese-eggplant-dip