

# *Idiot's Kitchen Recipe – Baba Ganoush (Eggplant Spread)*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



Ingredients:

1 large eggplant  
¼ cup tahini  
2-3 cloves of garlic  
1-2 lemons, juiced  
2 Tablespoons parsley, chopped  
¼ teaspoon cumin  
Salt & Pepper

Note: For extra flavor, I like to quickly roast the eggplant over my gas grill. You can also do this carefully over the burner of a gas stove. The method is very similar to charring the outside of red bell peppers, however, if you don't have access to a grill or gas stove, you can skip this step.

Poke several holes with a fork in the outside of the whole eggplant to allow steam to escape. Place the eggplant directly on a hot gas grill or over the burner of a gas stove to char the outside of the skin. Turn the eggplant frequently until all of the skin is dark, almost black – about 10 minutes.

Preheat the oven to 375 degrees.

Transfer the eggplant to a baking sheet and bake 20 minutes or until extremely tender. If you did not char the eggplant on a grill, you will need to increase the baking time here to at least 30 minutes.

Allow the eggplant to cool then peel off the outer skin. Cut the flesh of the eggplant, including the seeds, into big cubes. Place the eggplant in a bowl, food processor, or powerful blender. Add ¼ cup tahini and the juice of 1 or 2 lemons. (I almost always end up adding the second lemon.)

Peel and finely chop 2-3 cloves of garlic. Add 1 teaspoon of salt to the garlic on the cutting board and use the flat side of your chef's knife to work the garlic back and forth with the salt into a rough paste. Add the garlic to the eggplant and process or blend (I like to use my immersion blender) until combined but some chunks remain.

Season with salt, pepper, and cumin. Garnish with chopped fresh parsley.

Serve with pita bread, cracker, or cut up veggies like carrots, celery, and cucumbers.