



BABA GANOUSH

Season: Summer
From the garden: aubergine (eggplant), parsley, lemon, garlic
Type: Starter
Difficulty: Easy
Country of origin: Middle East
Serves: 12 serves, 25-30 tastes
Source: Adapted from:
Williams-Sonoma's Plates by Joanne Weir

Equipment

- Oven tray
- Tongs
- Fork and spoon
- Chopping boards
- Chopping knives
- Mixing bowl
- Lemon squeezer
- Measuring cup
- Garlic crusher
- Tasting spoons

Ingredients

- 2 large aubergine
- ½ cup tahini
- 4-5 lemons
- 4 garlic cloves
- 1 handful parsley
- 2 pinches ground cumin
- Salt
- Olive oil for drizzling

Method

**** NB: Steps 1-3 have been done in advance for today's session**

1. Turn oven grill to high heat. Put aubergine on an oven tray and prick all over with a fork. **(A)**
2. Grill aubergine on all sides, turning often with tongs, until starting to turn black and smell smoky (2-5 minutes). Turn off grill and switch oven to bake at 190°C. Roast aubergine for another 20-30 minutes or until very soft. Leave until cool enough to touch. **(A)**
3. Once cool, scrape the flesh out of the skin with a spoon and add to a medium-sized bowl. Discard skin and excess liquid. Mash aubergine flesh with a fork well until it looks like paste.
4. Measure ½ cup of tahini and add to bowl with aubergine.
5. Halve lemons and squeeze juice with a lemon squeezer or by hand. Measure ½ cup of lemon juice (no pips!) Add most to bowl, keep some aside.

6. Peel garlic cloves. Either crush with a garlic crusher into the bowl or use the flat blade of knife to crush and then chop finely and add to bowl.
7. Wash parsley. Keep a small piece aside for garnishing later. Cut off and discard the large stalks. Finely chop leaves and add to bowl.
8. Add 2 pinches of cumin (approximately $\frac{1}{4}$ teaspoon) and 2 pinches of salt to bowl. Mix all ingredients together well. Taste with a clean tasting spoon and add more salt and/or lemon juice if needed until you are happy with the taste.
9. Spoon baba ganoush into a serving bowl, drizzle with a little olive oil, garnish with parsley.

Notes: *Baba ganoush is a popular starter dish in countries such as Iraq, Syria, Turkey and Egypt. It is eaten with bread and salads or with vegetables dipped into it. Tahini is a paste made from sesame seeds and is also an ingredient in hummus.*

Skills: Managing oven temperatures, measuring, chopping, using taste to get seasoning right

A – an adult will need to help with this step

