

Baba Ghanoush - Roasted Eggplant Sauce

May 24th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 01:00

Baba Ganoush is a traditional Mid-Eastern made with Roasted Eggplant. This flavorful sauce can provide a a dip for Pita Bread, as a Marinara replacement, or as a topping for Roasted Chicken. This recipe calls for Tahini, a paste made from roasted Sesame Seeds.

Ingredients:

- 1 large Italian Eggplant
- 1.5 Tablespoons Tahini Sauce
- 4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder
- 1 Small Pimento, (as a garnish)
- 1/2 Lemon, juiced (1 Tablespoon or 1/2 fluid ounce)
- 1/2 Teaspoon Aleppo Pepper flakes (Optional)
- 1 pinch Table Salt
- 1 Tablespoon Olive Oil
- 1 pinch Dried Parsley (as a garnish)

Directions:

Preheat the oven to 400° Fahrenheit.

Clean and oven-roast the whole Eggplant and the Garlic.

Roast for 30 minutes.

Use tongs to turn over the Eggplant.

Roast for another 15 minutes.

Meanwhile, halve the Pimento. Remove the seeds and pith. Julienne and then chop the Pimento.

Peel the roasted Eggplant.

Place the Eggplant and Garlic into a blender or food processor.

Pulse until fully mixed.

Add the Lemon Juice and (optional) Aleppo Pepper

Mix in the Tahini and a pinch of Salt.

Pulse a few more times.

Serve on a small plate or bowl.

Drizzle with Olive Oil. Sprinkle with the Diced Pimento and Parsley.