

## Baba Ghanoush (Eggplant Dip)

**Season:** Summer/Autumn

**Makes:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** eggplants, garlic, lemon, parsley

**Note:** To achieve the distinctive smoky flavour of this dip, grill the eggplant over an open flame. Otherwise, cook on the barbecue or under a griller.

### Equipment:

metric measuring jug, cups  
and spoons  
tea towel  
chopping board  
cook's knife  
juicer  
small frying pan  
wooden spoon  
mortar and pestle  
fork  
tongs  
medium bowl  
plastic wrap  
colander  
paper towels  
food processor  
spatula  
serving bowl

### Ingredients:

½ tsp cumin seeds  
2 large eggplants  
2 cloves garlic, finely chopped  
1 small handful of parsley, roughly  
chopped  
juice of a lemon  
1½ tsp salt  
¼ cup olive oil  
½ cup tahini paste



### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Roast the cumin seeds in a small frying pan over a low heat until aromatic.
3. Grind the toasted seeds in a mortar and pestle and set aside.
4. Prick the eggplants all over with a fork.
5. Hold each eggplant with a sturdy set of tongs and cook over a gas flame for about 10 minutes or until the skin becomes charred.
6. Place the charred eggplants into the medium bowl, cover tightly with plastic wrap and allow to cool, about 10 minutes. This will help blister the skin, making it easier to peel.

7. Peel the skin off the cooled eggplant and run the flesh briefly under running water to remove any leftover skin. Drain and pat excess moisture from the flesh of the eggplant with paper towels.
8. Put the garlic, chopped parsley, toasted ground cumin, lemon juice and salt into the bowl of a food processor and process the ingredients to a coarse blend.
9. Add the eggplant to the food processor and continue to blend until smooth.
10. Drizzle the oil and the tahini slowly into the mix through the funnel of the food processor. Continue to blend, scraping down occasionally, until the dip is thick and creamy.
11. Check seasoning and place in a bowl to serve.

