

# Baba Ganoush

**Season:** Any

**Type:** Lebanese Dip

**Difficulty:** 

**Serves:** 12

**Fresh from the garden:** Eggplant, garlic, lemon, parsley.

<b>Equipment:</b>	<b>Ingredients:</b>
Bowl	1 large eggplant
Measuring cups and spoons	¼ cup tahini.
Chopping boards and mats	3 garlic cloves, minced
Knives	¼ cup fresh lemon juice
Flat oven tray	1 pinch ground cumin
	salt, to taste
	1 Tbsp olive oil
	1 Tbsp chopped fresh parsley

## Method:

- Preheat an oven to 200°C.
- Place eggplant on a baking sheet and bake until very soft, 15 to 20 minutes.
- Remove from the oven, let cool slightly, and peel off and discard the skin.
- Place the eggplant flesh in a bowl.
- Using a fork, mash the eggplant to a paste.
- Add the tahini, garlic, lemon juice and cumin and mix well.
- Season with salt.
- Add more tahini and/or lemon juice, if needed.
- Put into serving bowl.
- Drizzle the olive oil over the top and sprinkle with the parsley.