

“Farm Fresh Recipes”



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Baba Ganoush- Middle Eastern Eggplant Dip

3 medium sized eggplant (baseball and a half size)
½ cup olive oil
4-7 cloves garlic
½ cup tahini- ground sesame seed paste
Juice of 1 lemon
Salt and pepper to taste.

Roast the eggplant simply in a baking dish with the skin on at 350 F for 30-45 minutes, until the skin becomes brown and begins to wrinkle, and the eggplants feel soft. Allow to cool until they are comfortable to handle.

Peel the eggplant, and tear them into larger pieces. Arrange these in a colander, salt them generously, and allow to drain for about 30 minutes.

Rinse the salt and bitter juices from the eggplant, then blend them with the remaining ingredients. Serve cool/ chilled.

As far as I can tell, Baba Ganoush is pretty idiosyncratic stuff! My amounts for the tahini, garlic, olive oil, and lemon juice are modifiable according to your own preferences-some people also include olives, parsley and cumin- have fun!

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