

THE Traveling Fork

- BILL BLACKWELL

INGREDIENTS

21 oz.+/- of Eggplant
3 oz. Tahini paste
2 tbsp Extra Virgin Olive Oil
1 tbsp minced garlic
2 tbsp lemon or lime juice
1 ½ tsp cumin
Salt and black pepper to taste



This month's TRAVELING FORK offering is another recipe from the kitchen on board a cruise ship where I attended their cooking class with the Head Chef and his various assistants. There are several more of those recipes that will be brought to you by the TRAVELING FORK in the future. This one is for the dish, Baba Ganoush, which has Arabic origins and is found in most of the Mediterranean countries. This recipe yields four servings—metric to US conversions by the writer.

DIRECTIONS

Pierce the eggplant with a knife in several places. Place it on a baking sheet lined with parchment paper. Bake until it is very soft in a pre-heated oven at 375 degrees F for 25-30 minutes (until very tender).

Remove from the oven and let cool slightly; peel off and discard the skin. Place the eggplant flesh in a bowl. Using a food processor (with pulse button), mash the eggplant to a paste. Add the Tahini, garlic, lemon juice, and the cumin and mix well. Season to taste with salt, olive oil, and pepper. Add more Tahini and/or lemon juice if needed.

Prep time: 20 minutes; chill time: 2-24 hrs.; cook time: 1 ½ hours, 30 mins; makes 4 servings. ENJOY!



BABAGANOUSH

