

Baba Ganoush (with Electric Oven^)

Ingredients

2 medium/large Italian eggplants (about 2 pounds total)
3-4 medium cloves of garlic, minced
3 tablespoons juice from 1 lemon, plus more as desired
zest from half a lemon
3 tablespoons tahini*
1/3 cup Holy Smoke extra-virgin olive oil, plus more for serving
liquid smoke*
Salt



Preparation

Preheat oven to 350 degrees

Slice eggplant lengthwise. Brush inside flesh with olive oil and place face down on a baking sheet. Bake in oven for 1 hour or until the inside flesh is soft and very tender. Test with fork or knife top middle and bottom. You should get no resistance. Cover with foil and allow to cool.

Once cooled enough to hold scrape the flesh of each half an eggplant into a colander that is sitting in your clean sink. Allow for excess moisture to drip into sink for approximately 20 minutes. You can use a large spoon to press and push the flesh onto the colander to speed the process. Pat dry with a paper towel and place in a small mixing bowl. Removing any seed clumps, skin or blackened flesh.

Add garlic and lemon juice to eggplant and thoroughly blend using a fork until eggplant breaks down. This should only be about 2 minutes. Now add the tahini followed by the Holy Smoke olive oil in a thin, steady stream. The mixture should become creamy. At this point you want to taste to determine level of smokiness and need for salt and lemon. If you want it smokier add 3-4 drops of liquid smoke. Then season to taste with salt and more lemon juice if you wish.

Transfer to a serving bowl, drizzle with olive oil, and serve with warm pita bread or vegetables.

Serve Baba Ganoush at room temperature for maximum flavor.

^Using a Gas Cooktop or Grill.

If you have a gas cooktop or grill you can char the eggplant on the heat source. It can take approx 40 minutes and you need to be proactive to turn the eggplant using tongs to get it charred on all sides. Once charred and soft. wrap in foil and allow the skin to steam off. With this method can forgo the liquid smoke and use regular olive oil as the charring of the skin accomplishes the same result.

***Tahini**

It is expensive to buy and comes in a jar that is way more than the average American will use in a year. So make your own. Buy a 1/4 pound of hulled sesame seeds in the bulk section of your local natural foods market. Pour seeds onto a sheet pan and spread out so all on one layer. Toast in a 350 degree oven for 3-5 minutes (lightly toasted - not brown). Pour roasted seeds into food processor bowl and process until finely crushed. Add olive oil on table spoon at a time until you get a creamy paste. Should be 2 to 2 1/2 tablespoons. Use what you need and refrigerate the rest until you need again.