

Baba ganoush

Traditional aubergine spread or dip.

This simplified Baba Ganoush is a Fairtrade adaptation of a BBC food recipe.

Ingredients

- 2 aubergines
- 1 small red onion
- 2 cloves garlic
- 50 ml Zaytoun **FAIRTRADE** olive oil
- 1 **FAIRTRADE** lemon
- 1 large bunch fresh herbs

Notes

There is no definitive Baba Ganoush recipe, many variations exist throughout the Middle East and Europe.

Roast the aubergines in a hot oven for 20 minutes prior to peeling for a smoky flavour.

Use whatever herbs you have to hand, basil is recommended.

Variations incorporating tahini, chilli, and other spices are noted.

Method

Peel the aubergines and chop the flesh into 1 cm cubes. Discard the skin.

Skin the onion and chop fine.

Skin the garlic.

Juice the lemon, discard pith and skin.

Pick, wash, and chop the herbs.

Heat the oil in a frying pan over a medium heat. Add the aubergine and onion and fry for a few minutes until the aubergine flesh softens. Crush the garlic into the pan and fry for two minutes to release the aroma.

Place the aubergine mixture into a food processor with the lemon juice and herbs. Add a good grind of salt and pepper. Blend to a rough paste and turn out into a serving dish.

To serve

Serve the baba ganoush with crackers or pitta pockets.