

## Baba Ghanoush

Delicious with pita and flat breads, raw veggies and salads year round

### Ingredients:

- 2 medium eggplants roasted
- ½ cup EVOO
- 4 cloves of garlic (finely minced with olive oil and salt)
- juice from one lemon
- sea salt and pepper (season to taste)
- parsley (as the garnish)

### Preparation:

- Slice the eggplant in halves lengthwise
- Sprinkle with sea salt and let stand for 5 minutes
- Preheat oven to 375 degrees (during the summer you may wish to grill outdoors; this will give the eggplant a smoky flavor)
- Line a tray with parchment paper; place the eggplant on the tray and bake until it is soft to the touch (approximately 30 minutes)
- Allow the eggplant to cool
- Once cooled, scoop out the flesh of the eggplant from the skin with a wooden spoon into a glass/ceramic/wooden bowl

NOTE: Using a metal bowl will cause the eggplant to turn black

- Use a wooden spoon to begin to blend in the EVOO; drizzle the EVOO in very slowly

NOTE: using a metal whisk will cause the eggplant to turn black

- Add lemon juice and salt to taste; for the amount we made in class we used the juice from one lemon and approximately a teaspoon of salt
- Continue to emulsify as you slowly drizzle the EVOO for about 20-30 minutes
- Garnish with parsley and chill before serving
- Will last for 4 days refrigerated

Enjoy!