

# BABA GANOUSH RECIPE

Who doesn't love baba ganoush? Enjoy with this quick and easy recipe.



## WHAT IS BABA GANOUSH?

Baba ganoush, also known as baba ghanoush or baba ghanouj, is a middle eastern dip made of eggplants, tahini, olive oil and lemon juice. It's a typical item on a [mezze platter](#) served alongside hummus and other dips that are common in Middle Eastern and Mediterranean cuisines. It's well known in Hatay in Turkey.

This dip is typically made with eggplant that's cooked and roasted over open flames, leading to a nice, smokey flavor. However, in this recipe I'm going to show you **how to make baba ganoush using roasted eggplants** since it's not always possible to grill eggplants.

If you've never tried this amazing dip, now is the time! I know we all love hummus and want to have it all the time, but hummus and baba ganoush go hand in hand, like salt and pepper. You really have to try both.

## **BABA GANOUSH VS. HUMMUS**

Both hummus and baba ganoush are considered traditional Mediterranean dips, commonly served as a mezze or appetizer at the start of a meal. And, they both have a creamy texture and are usually served with warm and fresh pita bread or sometimes, pita chips. The main difference between the two Mediterranean dips is in the ingredients used to make them. While baba ganoush is mainly made of roasted eggplants, hummus is made of chickpeas. Both dips get their smoothness from tahini and olive oil.



## INGREDIENTS

A typical baba ganoush recipe uses the following ingredients:

- **Eggplant**
- **Tahini**
- **Lemon juice**
- **Salt**

This is naturally a gluten free dip. I've added sumac and paprika to the recipe for more flavor, for extra creaminess, I also added a little bit of yogurt and olive oil.



## PREPARATION INSTRUCTIONS

- Start with roasting the eggplant in the oven for about 40 minutes. Once it's cooked, peel and discard the skins and scoop out the flesh.



- Add the eggplant to a bowl and mash using a fork. You can also use a food processor at this point.



- Once the eggplant is mashed, add in tahini, sumac, paprika, salt, yogurt, olive oil, garlic and lemon. Blend until creamy and transfer it to a bowl. Cover and refrigerate for at least an hour.



Drizzle some olive oil and sprinkle sumac on top right before serving. You can serve baba ganoush cold or at room temperature.

## DO I NEED TO USE TAHINI?

No! Once the eggplants are roasted, you can just scoop out the flesh and add it to a food processor. Add in garlic, yogurt, salt, pepper, sumac, lemon juice and olive oil. If you would like to make it **vegan**, leave out the yogurt.

## SERVING SUGGESTIONS

Baba ganoush is a typical middle eastern appetizer which can be serve with [homemade pita bread](#) or [pita chips](#) alongside other Mediterranean dips such as [hummus](#). We love a good middle eastern spread of mezzes and appetizers for parties and gatherings – this way, there is a little something for everyone.

## STORING AND FREEZING INSTRUCTIONS

You can store baba ganoush an airtight container and refrigerate for up to four days. It stays fresh in the fridge if stored properly. This dip contains lemon juice which helps with the texture. To serve, once thawed blend the baba ganoush in the food processor for a few minutes so it achieves perfect consistency.

