



Baba Ghanoush (Moutabel)



<http://coconutandberries.com/2013/10/02/lebanese-flatbreads-baba-ghanoush/>

Cut aubergines lengthwise down the middle and scrape out as much of the flesh as you can, leaving behind the skin (a few little flecks of skin are ok). Squeeze the flesh to remove liquid or drain in a colander for 15 minutes.

In a food processor combine all the ingredients and process until smooth.

Garnish with more paprika and chopped parsley.

Serve with Manakish, pita and crudités or other meze.

Ingredients:

- 2 Medium aubergines, to yield 1 heaping cup cooked flesh when drained of excess liquid
- 2 Cloves of garlic, minced
- 1/4C Lemon juice
- 1/4C Tahini
- 3/4t Salt
- Dash of smoked paprika
- Fresh chopped parsley and more paprika to serve

Method:

To cook the aubergine, prick all over with a fork, place on a baking sheet and cook under the grill/broiler for 20-30 minutes until collapsed and blackened.

Set aside until cool enough to handle.

Recipe from coconutandberries.com