Baba Ghanoush

**Type:** Starter  **Serves:** Tastes 30  **Recipe source:** SAKG

**Fresh from the garden:** Eggplant, garlic, parsley

**Cook’s Tip:** If you want a smooth texture it can be processed for about 30 seconds in a food processor. The Baba Ghanoush can be sprinkled with chopped flat leaf parsley or dusted with paprika or sumac, and is frequently given a fine drizzle of a fruity extra virgin olive oil before serving.

**EQUIPMENT:**
- Food processor
- Cooks Knife
- Fry Pan
- Mortar & pestle
- Colander
- Large mixing bowl
- Wooden Spatula
- Chopping Board
- Baking trays

**INGREDIENTS:**
- 2 teaspoons cumin seeds
- $\frac{1}{2}$ cup tahini
- 2-3 tablespoons olive oil
- 1/2 Cup Greek Yoghurt
- Sea salt
- Juice of 3 lemons
- Paprika
- Freshly ground black pepper

**FROM HARVEST TABLE**
- 3 eggplants
- Parsley
- 2 cloves of garlic

**TO SERVE:**
- 3 Smallish Bowls
- 3 teaspoons

**What to do:**
- Heat BBQ grill plate until hot.
- Roast eggplants, turning them 2-3 times so they roast evenly (about 15 minutes for skin to char and eggplants to feel quite soft). Remove with tongs.
- Cool a little and peel away charred skin.
- Halve eggplants lengthways and put in a colander resting over baking trays to catch draining juices.
- After 10 minutes put drained eggplant into a clean cloth and gently squeeze.
- Chop flesh quite finely and put into a food processor.
- Dry roast cumin seeds in small frying pan over medium heat until fragrant.
- Tip into a mortar and pestle and grind into a powder with pestle.
- Tip cumin seed into bowl with eggplant
- Whisk yoghurt with a pinch of salt until smooth and creamy then add yoghurt, tahini, garlic and half of lemon juice to eggplant.
- Mix together to taste. Add more lemon, salt and pepper if required.
- Divide mixture by spooning into 3 bowls for serving with flatbread.