Baba Ganoush

Baba ganoush (I have also seen it spelled Baba Ghanoush–also known as baba ganouj, muttabal, or salat hatzilim–is a smoky, rich, and creamy eggplant dip, traditionally made by mixing tender roasted (or charred) eggplant and nutty tahini with garlic, citrus, and spices.

Ingredients

Olive oil (for grill and drizzling)

2 pounds Italian eggplants (4 medium)

2 tablespoons fresh lemon juice

1 tablespoon tahini

½ garlic clove, finely grated

Kosher salt and freshly ground black pepper

Sumac, za’atar, crushed red pepper flakes, or Aleppo pepper; grilled flatbreads or pita bread (for serving). I typically sumac or red pepper flakes for our family.

Preparation

Step 1

Prepare a grill for medium-high heat; lightly oil grate. Grill eggplant, turning occasionally, until skin is charred, and flesh is fork-tender, 25–35 minutes. Be patient: The goal is to char the eggplants beyond recognition. Let cool slightly.

Step 2

Halve eggplant, scoop flesh into a colander set over a bowl, and let drain at least 15 minutes and up to 1 hour; discard liquid.

Step 3

Pulse eggplant along with lemon juice, tahini, and garlic in a food processor until smooth; season with salt and pepper.

Step 4

Drizzle baba ghanoush with oil and top as desired. Serve with naan or pita bread. We also like to use an assortment of vegetables for dipping. If I have pine nuts in the pantry I will also add some to the top. Adds an extra nutty flavor.

Step 5

Do Ahead: Dip can be made 3 days ahead. Cover and chill.