

Baba Ghanouj (With an Indian twist)

Saloni Negi - DFAIT/MAECI

Ingredients

- 1 large eggplant
 - 1 onion
 - 2 cloves of garlic
 - 1 T lemon juice (freshly squeezed a must)
 - 2 T tahini
 - 1/2 t cumin seeds , roasted and ground
- (Put cumin seeds in a heavy pan and heat over medium heat until seeds are brown and fragrant. Remove to mortar and pestle, or spice mill, and grind.)
- 1/2 t cayenne pepper (or to taste)
 - 1/2 t salt (or to taste)
 - Garnish: chopped fresh cilantro or parley, a drizzle of olive oil (if desired)

Instructions

- Preheat oven to 350. Peel onion, cut in half, lengthwise. Remove stem and cap from eggplant. Do not peel. Eggplant in half lengthwise
- Place both vegetables, cut side down on lightly oiled baking sheet. Bake for 40 or 45 minutes, until completely softened. The cut side of the vegetables will be quite brown, but this is good
- Scoop out the eggplant pulp from the peel
- Place garlic cloves, with skin on, in microware for 15 seconds: garlic flavour will mellow, and cloves will slip right out of their skins
- Combine eggplant pulp, onion, skinned cloves of softened garlic, lemon juice, tahini, salt, cumin, and cayenne pepper in food processor and purée until smooth. Taste to adjust seasoning
- Pour into bowl, garnish with fresh herbs, and a bit of very good olive oil, if desired
- Serve with crackers, flat breads, sliced tomatoes, roasted red peppers, olives, or other good things, as desired. Add a mildly flavoured cheese and wine (a Riesling would go well with the spice of the eggplant), and you've got a fantastic light meal