

ALL ABOUT EGGPLANT – Baba Ghanoush and Stir-fried Eggplant with Sweet Peppers



Baba Ghanoush

Yield: 10-15 servings

Ingredients:

2 Globe eggplants, about 2 -2 ½ lbs.

2 cloves of garlic, finely minced

1 Lemon juice of

¼ C. Tahini

3-4 T Extra virgin olive oil, good quality

Salt and ground black pepper

Optional: ground cumin or sumac

Optional: 2 T of whole milk yogurt (for a creamier texture)

Garnishes: Smoked paprika, 1 T. of minced parsley and 1 T of extra virgin olive oil

Method:

Pre-heat the oven to 425° F.

Cut the eggplants in half from stem to blossom end and remove the stem ends. Score each eggplant half in a small cross-hatch pattern without piercing the skin. Spread about 1tsp of the olive oil over each eggplant half and spread evenly with a spatula or clean hands. Salt heavily.

Lay the eggplant in a single layer on a sheet pan or cookie sheet, cut side up. Roast for 15-25 minutes until the eggplant is brown and the skins have started to collapse. Cool for 10-12 minutes until the eggplant is cool enough to handle. With a spoon, scoop out the flesh of the eggplant into a non-reactive bowl (glass or stainless steel). The eggplant should be soft and well cooked. Some recipes call for pureeing the eggplant in a food processor but for the best texture, use a potato masher and work the eggplant until well mashed but still has some texture.

Add the garlic, 1 T. of lemon juice, minced garlic, tahini, 1 T of olive oil, 2 tsp of salt and a pinch of black pepper and mix together with a wooden spoon or spatula until well blended. Add the optional ground cumin, sumac and / or yogurt and stir together. Taste and adjust seasoning with salt and / or lemon juice. Place in your serving bowl and with the back of a spoon, swirl a spiral well into the baba ghanoush and garnish with a pinch of smoked paprika, parsley and olive oil.

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Serve with crisp vegetables, warmed pita or pita chips.

Stir-fried Eggplant with Sweet Peppers

4-5 servings

Ingredients:

4-5 Asian or Italian eggplant, about 1 ½ lbs. sliced in half from stem to blossom end and sliced into ¼ inch slices on a slight bias

1 Red bell pepper or other sweet pepper, cut in half, remove the stem and seeds and slice into strips

1-2 Garlic cloves, thinly sliced

1 T. Olive oil (may need more if cooking in multiple batches)

Salt and black pepper

2 T. of basil, (about 5-6 big leaves), cut into fine ribbons.

1 T. Tamari (wheat-free soy sauce) or shoyu

1 tsp of apple cider or rice wine vinegar

Method:

Select a fry pan or sauté pan that will cook the vegetables in a single layer (or alternatively cook in two batches) Heat the pan over medium heat until hot and add the olive oil. When the oil is hot, lower the heat and fry the garlic being sure not to burn. Add the eggplant in a single layer and raise the heat and let the eggplant brown on the first side. Stir and add the pepper slices and cook until the vegetables are tender, season with a pinch of salt, a pinch of black pepper and stir together. Add half of the basil, tamari and vinegar and stir together again. Taste and adjust seasonings with salt or vinegar. Scoop into your serving bowl and garnish with the rest of the basil. Serve immediately and cool any leftovers for lunch with a little rice.