

Baba Ghanoush (Moutabal)

3 large aubergines
2-4 garlic cloves, crushed
Salt
2/3 tablespoons Tahina Paste
Juice of 3 lemons
Half teaspoon ground cumin
2 tablespoons finely chopped parsley

Roast whole aubergines in hot oven (200 degrees centigrade) until skins are black and blistered (about 1 hour). Leave to cool slightly.

Make a small cut in the skin of each aubergine & squeeze out as much watery juice (which is bitter). Scoop out the flesh from each aubergine in to a bowl and add the garlic paste and salt. Mix to form a creamy puree. Add tahina paste and lemon juice by adding alternative measures bit by bit and mixing well between adding each ingredient.

Taste and add any more lemon juice, crushed garlic or tahina paste according to personal taste. Add a little cumin if required.

Serve with a Greek Salad incl. Black Olives and thin Slices of tomato and fresh bread (crusty) or arab bread. Also can be served as a party dip.