

Baba Ganoush

Smoky, creamy Baba Ganoush made with roasted eggplant, peppers, and pomegranate molasses. Perfect vegan appetizer with authentic Lebanese flavors.

15 min

PREP

15 min

COOK

30 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Baba Ganoush

Ingredients

- 4 eggplant
- 3 tomato
- 3 capia pepper
- 4 green pepper
- 3 clove garlic
- 2 tsp chili flakes
- 2 tsp cumin
- 4 tbsp olive oil
- 2 tsp salt
- 1 tbsp pomegranate molasses

Instructions

- 1 Prepare the eggplants**

Preheat oven to 220°C (425°F). Pierce the 4 eggplants all over with a fork to prevent them from bursting during roasting.
- 2** Place eggplants directly on oven rack with a baking sheet on the rack below to catch drips. Roast for 35-45 minutes, turning once halfway through, until skins are charred and eggplants feel very soft when pressed gently.
- 3** Remove eggplants from oven and let cool for 10 minutes until safe to handle. Cut each eggplant in half lengthwise and scoop out all the flesh with a spoon, discarding the charred skins.
- 4** Place eggplant flesh in a fine-mesh strainer set over a bowl and let drain for 15 minutes to remove excess moisture. Gently press with the back of a spoon to extract more liquid.
- 5 Make the baba ganoush**

Transfer drained eggplant to a food processor. Add 3 cloves garlic, 2 teaspoons lemon juice, and 2 teaspoons tahini. Pulse 8-10 times until roughly chopped but not completely smooth.
- 6** Add 4 tablespoons olive oil and 2 teaspoons salt to the processor. Pulse 3-4 more times until mixture reaches your desired consistency - it should be creamy but still have some texture.

- 7 Taste and adjust seasoning, adding more salt, lemon juice, or tahini as needed. Transfer to a serving bowl and use the back of a spoon to create a shallow well in the center.
- 8 Drizzle 1 tablespoon olive oil into the well and sprinkle with a pinch of salt. Serve immediately or refrigerate for up to 3 days.

Tips

Pierce eggplants and peppers with a knife before roasting to prevent bursting and ensure even cooking throughout.

Use parchment paper when roasting vegetables in the oven to prevent sticking and make cleanup easier.

Cut tomatoes in half and sprinkle with salt before roasting to draw out excess moisture and concentrate flavors.

Allow roasted vegetables to cool completely before peeling to make the skin removal process much easier and safer.

For the smoothest texture, use a food processor to blend the mixture instead of chopping by hand.

Taste and adjust seasoning after the flavors have had time to meld - you may need more salt, lemon juice, or pomegranate molasses.

Let the finished Baba Ganoush rest at room temperature for 30 minutes before serving to allow flavors to develop.

Drizzle with premium extra virgin olive oil just before serving for the best presentation and flavor.