

Epic Baba Ganoush

Author: Cookie and Kate Prep Time: 20 minutes Cook Time: 35 minutes

Total Time: 55 minutes Yield: 6 servings 1x Category: Appetizer

Method: Roasted Cuisine: Lebanese

★★★★★ 4.8 from 256 reviews

This baba ganoush recipe is the best! It's easy to make, too (no food processor required). You'll need eggplant, tahini, olive oil, lemon juice, garlic and spices. Recipe yields about 1 3/4 cups (enough to serve 4 to 6 as an appetizer).

SCALE 1x 2x 3x

INGREDIENTS

- 2 pounds Italian eggplants (about 2 small-to-medium eggplants*)
- 2 medium cloves of garlic, pressed or minced
- 2 tablespoons lemon juice, more if necessary
- 1/4 cup tahini
- 1/3 cup extra-virgin olive oil, plus more for brushing the eggplant and garnish
- 2 tablespoons chopped fresh flat-leaf parsley, plus extra for garnish
- 3/4 teaspoon salt, to taste
- 1/4 teaspoon ground cumin
- Pinch of smoked paprika, for garnish
- Serving suggestions: warmed or toasted pita wedges, carrot sticks, bell pepper strips, cucumber slices, etc.



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INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit with a rack in the upper third of the oven. Line a large, rimmed baking sheet with parchment paper to prevent the eggplant from sticking to the pan. Halve the eggplants lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared pan with the halved sides down.
2. Roast the eggplant until the interior is very tender throughout and the skin is collapsing, about 35 to 40 minutes (this might take longer if you are using 1 large eggplant). Set the eggplant aside to cool for a

few minutes. Flip the eggplants over and scoop out the flesh with a large spoon, leaving the skin behind.

3. Place a mesh strainer over a mixing bowl, then transfer the flesh to the strainer and discard the skins. Pick out any stray bits of eggplant skin and discard. You want to remove as much moisture from the eggplant here as possible, so let the eggplant rest for a few minutes and shake/stir the eggplant to release some more moisture.
4. Discard all of the eggplant drippings, drain and wipe out the bowl, and dump the eggplant into the bowl. Add the garlic and lemon juice to the eggplant and stir vigorously with a fork until eggplant breaks down. Add the tahini to the bowl and stir until it's incorporated. While stirring, slowly drizzle in the olive oil. Continue stirring until the mixture is pale and creamy, and use your fork to break up any particularly long strings of eggplant.
5. Stir in the parsley, salt and cumin. Season to taste with more salt (I usually add another 1/4 teaspoon) and more lemon juice, if you'd like a more tart flavor.
6. Transfer the baba ganoush to a serving bowl and lightly drizzle olive oil on top. Lastly, sprinkle parsley and smoked paprika on top. Serve with accompaniments of your choice. It's also great on sandwiches!

NOTES

Recipe roughly adapted from [Serious Eats](#) and [Tori Avey](#).

***Eggplant selection:** Large eggplants tend to contain more seeds, which can produce a bothersome texture. So, it's better to use 2 small eggplants that weigh about 2 pounds total, rather than 1 large. Choose eggplants that are shiny and smooth (no mushy parts), and feel heavy for their size. Turn your eggplant into baba ganoush promptly, since [overripe eggplant tastes more bitter](#).

Storage suggestions: Leftover baba ganoush can be stored in an airtight container in the refrigerator for about 4 days (I think it's best served fresh, but some say it tastes better after a day or two). I like to let my leftover baba ganoush warm to room temperature before serving, but others prefer it chilled, so I'll leave this up to you.

For a lighter dip: You can reduce the olive oil to as little as 2 to 3 tablespoons. Your dip won't be as rich and creamy, but it will still be very good!

► NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. See our [full nutrition disclosure here](#).

Nutrition Facts

Serving Size Generous 1/4 cup
Serves 6

Amount Per Serving

Calories 248

% Daily Value*

Total Fat 22.8g **29%**

Saturated Fat 3.3g

Trans Fat 0g

Polyunsaturated Fat 4.3g

Monounsaturated Fat 14.3g **0%**

Cholesterol 0mg **0%**

Sodium 306.7mg **13%**

Total Carbohydrate 11.9g **4%**

Dietary Fiber 5.6g **20%**

Sugars 5.6g

Protein 3.3g **7%**

Vitamin A 1% Vitamin C 9%

Calcium 5% Iron 8%

Vitamin D 0% Magnesium 8%

Potassium 9% Zinc 7%

Phosphorus 9% Thiamin (B1) 16%

Riboflavin (B2) 8% Niacin (B3) 10%

Vitamin B6 9% Folic Acid (B9) 12%

Vitamin B12 0% Vitamin E 3%

Vitamin K 16%

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

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