



# Easy Homemade Baba Ganoush Recipe

## Introduction

Baba Ganoush is a delicious and creamy Middle Eastern dip made primarily from roasted eggplant. This flavorful appetizer pairs wonderfully with pita bread and fresh vegetables, making it a perfect choice for gatherings or as a healthy snack. The smoky, rich taste of the eggplant combined with tahini, garlic, and lemon juice creates a delightful experience that's hard to resist. Here's a detailed recipe to help you whip up this delightful dish.

## Detailed Ingredients with measures

2 medium eggplants, pierced with a knife or fork  
1/4 cup tahini  
3 tablespoons fresh lemon juice  
2 tablespoons extra-virgin olive oil, plus more for serving  
2 garlic cloves  
1/2 teaspoon sea salt  
Finely chopped fresh parsley  
Smoked paprika  
Red pepper flakes (optional)  
Pita bread, for serving  
Veggies, for serving

### Prep Time

20 minutes (plus cooling time)

### Cook Time

50 to 60 minutes

### Total Time

1 hour 20 minutes

## Yield

Serves about 4-6

## Instructions

### 1. Roast the Eggplants:

Preheat the oven to 400°F. Wrap the pierced eggplants in foil and place them on a baking sheet. Roast for 50 to 60 minutes, or until they are soft and collapse to the touch. Remove from the oven and set aside to cool.

### 2. Prepare the Eggplant Flesh:

Once cool to the touch, peel the skin from the eggplants, removing any large clumps of seeds. Place the flesh in a strainer set over a bowl and let stand for 20 minutes to remove excess water.

### 3. Blend the Ingredients:

Transfer the drained eggplant flesh to a food processor. Add the tahini, lemon juice, olive oil, garlic, and sea salt. Pulse until smooth.

See also [Pork Potstickers Recipe for Easy Dinner](#)

### 4. Serve:

Transfer the baba ganoush to a serving dish. Sprinkle with chopped parsley, smoked paprika, and red pepper flakes if using. Drizzle with additional olive oil. Serve with pita bread and fresh veggies.

For a smokier flavor, you can grill the eggplants instead of roasting them. Pierce each eggplant a few times with a knife or fork, place them directly on a grill over high heat, and cook, rotating as they char, until

very soft and charred all over. Then, proceed with the recipe as directed.

## Detailed Directions and Instructions

### **Roast the Eggplants**

- Preheat the oven to 400°F.
- Wrap the pierced eggplants in foil and place them on a baking sheet.
- Roast for 50 to 60 minutes, or until they are soft and collapse to the touch.
- Remove from the oven and set aside to cool.

### **Prepare the Eggplant Flesh**

- Once cool to the touch, peel the skin from the eggplants, removing any large clumps of seeds.
- Place the flesh in a strainer set over a bowl and let stand for 20 minutes to remove excess water.

### **Blend the Ingredients**

- Transfer the drained eggplant flesh to a food processor.
- Add the tahini, lemon juice, olive oil, garlic, and sea salt.
- Pulse until smooth.

### **Serve**

- Transfer the baba ganoush to a serving dish.
- Sprinkle with chopped parsley, smoked paprika, and red pepper flakes if using.
- Drizzle with additional olive oil.
- Serve with pita bread and fresh veggies.

## Notes

### Grilling Option

- For a smokier flavor, you can grill the eggplants instead of roasting them. Pierce each eggplant a few times with a knife or fork, place them directly on a grill over high heat, and cook, rotating as they char, until very soft and charred all over. Then, proceed with the recipe as directed.

See also Eggless Rainbow Cake



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# Cook techniques

## **Roasting Eggplants**

To achieve a creamy texture for baba ganoush, roast the eggplants at 400°F. Wrapping them in foil keeps the moisture in, allowing them to soften perfectly.

## **Draining Eggplant Flesh**

After roasting, peeling the eggplants and letting the flesh sit in a strainer over a bowl helps to reduce excess moisture, ensuring a thicker dip.

## **Blending for Smoothness**

Using a food processor to blend the eggplant with tahini, lemon juice, olive oil, garlic, and sea salt allows for a smooth, cohesive mixture.

## **Serving Presentation**

When serving, transfer the baba ganoush to a dish and enhance the presentation with a sprinkle of parsley, smoked paprika, and a drizzle of olive oil.

## **Grilling for Flavor**

For a smokier taste, grill the eggplants instead of roasting. This method adds a rich, charred flavor that complements the dish beautifully.

# FAQ

**Can I use other types of eggplants?**

Yes, you can use different varieties of eggplants, but medium-sized globe eggplants work best for achieving the right texture.

**How long can baba ganoush be stored?**

Baba ganoush can be stored in an airtight container in the refrigerator for up to a week.

**Is baba ganoush vegan?**

Yes, baba ganoush is entirely plant-based and suitable for vegans.

**What can I serve with baba ganoush?**

Baba ganoush pairs well with pita bread, fresh vegetables, and crackers for dipping.

**Can I adjust the garlic flavor?**

Absolutely! You can increase or decrease the amount of garlic to suit your taste preferences.

## Conclusion

Baba Ganoush is a delightful, creamy, and smoky dip that beautifully showcases the flavors of roasted eggplant. Easy to prepare, it makes for a perfect appetizer or snack, whether served with warm pita or fresh veggies. Enjoy experimenting with this recipe and savoring the rich and vibrant flavors that come from simple, wholesome ingredients.

See also [Ground Beef and Dumplings](#)

## More recipes suggestions and combination

### **Roasted Red Pepper Hummus**

Blend roasted red peppers with chickpeas, tahini, lemon juice, and garlic for a colorful and tangy dip.

### **Spicy Hummus**

Add sriracha or harissa to classic hummus for a spicy kick that pairs perfectly with pita and veggies.

### **Avocado and White Bean Dip**

Mash together ripe avocados and white beans with lime juice and garlic for a creamy, nutritious spread.

### **Curried Cauliflower Dip**

Roast cauliflower with curry spices and blend it with tahini and yogurt for a unique flavor profile that intrigues the palate.

### **Spinach and Artichoke Dip**

Combine sautéed spinach, artichokes, cream cheese, and parmesan for a warm, cheesy dip that's always a crowd-pleaser.



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