

# Baba Ganoush Recipe

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Here is how to make the best baba ganoush, the smoky, rich, and extra creamy eggplant dip, packed with flavor thanks to tahini, garlic, and lemon juice. Grilling the eggplant over open flame will give you the deepest flavor. And if you have the time, allow the dip to chill in the fridge for 30 minutes to 1 hour. It will thicken and the flavors will meld. Be sure to watch the video and read the notes for additional tips!

★★★★★ 4.7 from 60 votes

			
PREP TIME	COOK TIME	DRAINING AND RESTING TIME	TOTAL TIME
15 mins	20 mins	1 hr	35 mins
			
COURSE	CUISINE	SERVINGS	CALORIES
Appetizer, Dip	Mediterranean, Middle Eastern	6 or more people	86.6 kcal

## INGREDIENTS

- ☐ 2 Italian eggplants or small globe eggplants
- ☐ 1/4 cup tahini paste I used Soom tahini
- ☐ 1 lemon, juice of
- ☐ 1 garlic clove, minced
- ☐ 1 tablespoon plain Greek yogurt, optional
- ☐ Kosher salt and black pepper
- ☐ 1 teaspoon sumac
- ☐ 3/4 teaspoon Aleppo pepper or red pepper flakes, optional
- ☐ Extra virgin olive oil
- ☐ Toasted pine nuts for garnish, optional

## INSTRUCTIONS

1. First, smoke or grill the eggplant. Turn one gas burner on medium-high. Place the eggplant directly over the flame. Using a pair of tongs, turn the eggplant every 5 minutes or so until it is

- tender and the skin is charred and crispy on all sides (20 minutes.) The eggplant should deflate and become super tender. supposed to. If you don't have a gas burner you can use a grill. You can also roast the eggplant in the oven (see notes).
2. Remove the eggplant from the heat and transfer it to a large colander over a bowl. Allow it to sit and drain for a few minutes until fully cooled and all excess water has been drained (it helps if you open the eggplant up a bit and push on it with a knife or a spoon to help it release its juices).
  3. Once the eggplant is cool enough to touch, peel the charred crispy skin off (it should come right off). Discard the skin and the stem (don't worry if a few bits of the skin remain, that is just added flavor).
  4. Transfer the cooked and fully drained eggplant to a bowl. Use a fork to break it down into smaller pieces. Add the tahini paste, garlic, lemon juice, Greek yogurt (if using) salt, pepper, sumac, Aleppo pepper or crushed red pepper flakes. Mix gently with a wooden spoon or a fork until well-combined.
  5. Cover the baba ganoush and chill in the fridge for 30 minutes to an hour.
  6. To serve, transfer the baba ganoush to a rimmed serving dish or a bowl. Top with a good drizzle of extra virgin olive oil and toasted pine nuts, if you like. Serve with [pita wedges](#) or [pita chips](#) and veggies of your choice!

## NOTES

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- **To roast the eggplant in the oven instead:** heat the oven to 425 degrees F. Trim the eggplant and cut them in half, then salt it and allow it to "sweat out" excess water for about 30 minutes or so. Wipe it off, and arrange the eggplant on a lightly-oiled baking sheet, flesh side down. Roast for about 40 minutes or until very tender and cooked through. Allow the eggplant time to cool a bit, then using a spoon, scoop up the flesh and place it in a bowl. Follow the recipe from step #4.
- **For best texture, mix the eggplant as directed using a wooden spoon or a fork rather than a food processor.** This dip is meant to be creamy but on the rustic side with some texture.
- Store leftovers in a tightly-closed container in the fridge for up to 4 days.
- **Visit [our Shop](#)** to browse quality Mediterranean ingredients including [extra virgin olive oils](#) and [spices](#).

## NUTRITION

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Calories: 86.6kcal	Carbohydrates: 8.6g	Protein: 3g	Fat: 5.6g
Saturated Fat: 0.8g	Monounsaturated Fat: 2g	Cholesterol: 0.1mg	Sodium: 204.4mg
Potassium: 250.2mg	Fiber: 3.3g	Vitamin A: 103.6IU	Vitamin C: 11.8mg
Calcium: 30.3mg	Iron: 0.8mg		

*Tried this recipe?*