

Baba Ganoush

<http://userealbutter.com/2016/02/15/baba-ganoush-recipe/>
from [The Food Lab](#)

3 medium eggplants (about 2 pounds total)
2-3 cloves garlic, peeled and minced
2-4 tbsps fresh lemon juice (start with 2, add more to taste)
4-6 tbsps tahini (start with 4, add more to taste)
1/2 cup extra virgin olive oil, plus more to taste
kosher salt to taste
1/4 cup fresh parsley, chopped

Score the skin of the eggplants lengthwise, about five times evenly spaced around each eggplant.

Grill the eggplants (preferred method): Heat your grill to medium heat (around 350°F) and place the eggplants directly over the heat source and cover with the grill lid. Grill for 30-40 minutes, turning the eggplants every 10 minutes to char on all sides. The skins should be blackened and the eggplants should appear deflated when ready.

Broil the eggplants: Set oven rack to 6 inches below the broiler. Turn broiler to high. Place the eggplants on a foil-lined rimmed baking sheet and broil for about an hour, turning the eggplants ever 10-15 minutes until charred on all sides. The ends should be soft (not firm) when the eggplants are ready. Remove from the oven.

Both methods: Seal the charred eggplants in a foil envelope to steam for 15 minutes. Set a strainer over several layers of paper towels or on a kitchen towel and then set the ensemble over a bowl. Open the foil. If the eggplant skins peel off easily, peel the skins and place the flesh in the strainer. If not, then slit each eggplant lengthwise and scoop the flesh into the strainer. Let the liquid from the eggplant drain for 10 minutes, turning the flesh over every few minutes. If the paper towels are soaked, wring the liquid out and return them to the bottom of the strainer to encourage wicking of the liquid from the eggplant. [Note: you can also place the eggplant in a salad spinner and gently spin the liquid from the flesh, but I don't have a salad spinner.] Place the drained eggplant in a clean bowl.

Set the minced garlic on a cutting board and sprinkle 1/2 teaspoon of salt over the garlic. With the flat of your knife, smash the salt into the garlic to make a paste. Vigorously stir the garlic and 2 tablespoons of lemon juice into the eggplant with a fork until it resembles a rough paste (about a minute). Continue to stir vigorously and add the tahini, and then the olive oil in a thin stream. Add more of the lemon, tahini, and olive oil to taste. Season with salt to taste. Drizzle with olive oil and sprinkle parsley on top. Serve at room temperature with warm pita bread or crudités. Makes 3 cups.