

Aubergine Spread



This is a Greek style spread or dip with aubergine, garlic and olive oil.

If you add smoked paprika and tahini – it will become babaganoush – try out both variations, they are equally yummy but totally different.

The recipe with 2 aubergines will give you only a small bowl of the spread for instant use. You can easily make more for storage in the fridge.

Ingredients

- 2 aubergines
 - 3 garlic cloves
 - 3 tablespoons olive oil
 - 1 lemon (juice)
 - herb salt
 - black pepper
 - black olives and fresh basil for garnish
- optional (to make it babaganoush style):
- ½ teaspoon smoked paprika
 - 2 tablespoons tahini

Instructions

- cut the aubergines in halves and place them on a baking tray with baking paper with the cut side down
- bake in the oven at 200 C (no fan please!) for 30-45 mins, until the peel is wrinkly; time varies a lot depending on the oven, so make sure you have an eye on it
- let them cool down until you can handle them
- spoon out the flesh and let it drain in a sieve for 15 mins
- dice the flesh with a large kitchen knives as small as possible
- You could also process it in a food processor, but that is not the real Greek style which has more bits and pieces instead of being a smooth paste. Babaganoush however is smoother, so do as you like
- mix with crushed garlic, olive oil, lemon juice, pepper and salt
- let it sit for 1 hour in the fridge
- now you have two options:
garnish with basil and olives and serve immediately the Greek option
or add Tahini and smoked paprika, mix well and serve as babaganoush