

# Baba Ganouj

Cuisine: Middle-East

Food category: Vegetables



Author: Jaroslav Mikoška

Company: Retigo



## Program steps

Preheating: 235 °C

1 Hot air 100 % Termination by time 00:25 hh:mm 220 °C 100 %

## Ingredients - number of portions - 8

Name	Value	Unit
aubergine	1	kg
extra virgin olive oil	50	ml
strong tahini	30	g
garlic cloves, finely chopped	2	pcs
ground caraway	10	g
lime juice	20	ml
salt	3	g

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	65.3 kJ
Carbohydrate	5.9 g
Fat	2.8 g
Protein	2.7 g
Water	0 g

## Directions

1. Set the oven on dry heat at 220°C using Golden Touch function.
2. Cut the eggplants in half lengthwise, perforate them using a fork and brush with evoo.
3. Roast for 20–25 minutes placing the vegetable skin side up.
4. On a sieve or perforated dish, place the eggplants cut sides up and leave outside so they can let off steam.
5. Scoop out the flesh and blend with evoo, tahini, garlic, cumin, lemon juice, salt and chili.
6. Pass through a sieve.
7. Season to taste, add more evoo and garnish with parsley.