

Baba Ganouj

Cuisine: **Middle-East**
Food category: **Vegetables**



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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.