



TARAMASALATA AND BABAGANOUSH BY DARIUSH LOLAIY

BABAGANOUSH

INGREDIENTS:

Three large ripe eggplants
1/4 t salt
100ml olive oil
handful chopped parsley
Juice of 1/2 a lemon
2 Tbsp. tahini
4 pita breads

METHOD:

Using a hot element or BBQ grill, cook the whole eggplants until the skin is burned and crispy. Turn as the skin begins crackle and burn while cooking.

When the flesh has become soft, cut the eggplants in half lengthways and spread them open, watch your fingers with the hot steam.

Scrape out the flesh, discard the skins then chop the flesh roughly on a chopping board, sprinkle with salt and drizzle a small amount of olive oil, pop the parsley on top and roughly chop to mix it with the eggplant, as you chop squeeze in the lemon juice. Transfer from the chopping board into a mixing bowl and add the tahini and while mixing, drizzle in the remaining olive oil.

To serve, chargrill the pita bread, slice it into quarters and serve with the warm babaganoush.



TARAMASALATA

INGREDIENTS:

1/2 tin chickpeas, drained
1 Tbsp. olive oil
1/4 tsp. smoked paprika
1/4 tsp. salt
1/2 small garlic clove
1/4 white onion chopped
3 slices white bread, crusts removed cut into rough pieces
100g salted fish roe
40ml water
100ml vegetable oil
squeeze of lemon juice
Pinch of salt to season.

METHOD:

Drain and toss the chickpeas in olive oil, smoked paprika and salt, lay on an oven tray and roast in a 130° oven for one hour until they become dry.
Using a stick blender, blend chopped garlic, onion, bread and fish roe.
As you blend, gradually add water to adjust consistency.
continue to blend and in a thin stream drizzle in the oil to emulsify the ingredients.
Finish with salt and lemon juice to taste.
Serve with warm sliced Turkish pide bread and garnish with roasted chickpeas and a dusting of smoked paprika.

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