



LEBANON

APPETIZER

[PRINTABLE RECIPE PDF](#)

Lebanese Baba Ghanoush

Baba Ghanoush is a classic Levantine dip made from roasted eggplant, popular throughout the Mediterranean and Middle Eastern cultures. It's traditionally

PREP

15 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Intermediate

SHOPPING LIST

Ingredients

- **1 large** eggplant - preferably globe variety
- **2 tablespoons** tahini - sesame paste
- **1 clove** garlic - minced
- **2 tablespoons** lemon juice - freshly squeezed
- **2 tablespoons** extra virgin olive oil - plus extra for drizzling
- **1/2 teaspoon** ground cumin - optional, for extra flavor
- **1/2 teaspoon** salt
- **1/4 teaspoon** ground black pepper
- **1 tablespoon** fresh parsley - chopped, for garnish
- **1/2 teaspoon** pomegranate seeds - for garnish, optional

WHY THIS WORKS

About this recipe

A printable Lebanese Baba Ghanoush recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Baba Ghanoush is a classic Levantine dip made from roasted eggplant, popular throughout the Mediterranean and Middle Eastern cultures. It's traditionally served with pita bread and is celebrated for its smoky flavor and creamy

ORIGIN & TRADITION

Mediterranean context

Baba Ghanoush is a classic Levantine dip made from roasted eggplant, popular throughout the Mediterranean and Middle Eastern cultures. It's traditionally served with pita bread and is celebrated for its smoky flavor and creamy texture.

METHOD

Step-by-step instructions

1

Preheat your oven to 400°F (200°C).

2

Prick the eggplant in several places with a fork to allow steam to escape during roasting.

3

Place the eggplant on a baking sheet and roast in the oven for about 30-35 minutes, turning occasionally, until the skin is charred and the flesh is very soft.

4

Remove the eggplant from the oven and let it cool for a few minutes. Once cooled, cut it open and scoop the flesh into a mixing bowl, discarding the skin.

5

To the eggplant flesh, add tahini, minced garlic, lemon juice, olive oil, cumin (if using), salt, and black pepper. Mix well until you achieve a smooth and creamy consistency.

6

Taste and adjust seasoning as desired. If you like a smokier flavor, you can add more tahini or a touch of smoked paprika.

7

Transfer the baba ghanoush to a serving dish and drizzle with a little extra virgin olive oil.

8

Garnish with chopped parsley and pomegranate seeds if desired. Serve with warm pita bread or fresh vegetables.

CHEF'S TIP

For a deeper smoky flavor, you can grill the eggplant instead of roasting it in the oven.

NUTRITION PER SERVING (EST.)

Calories	190 kcal	Fat	16 g
Protein	3 g	Fiber	5 g
Carbohydrates	12 g	Sodium	200 mg

SERVING SUGGESTION

Serve alongside a selection of other mezze like hummus, tabbouleh, and olives for a delightful appetizer spread.

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