

BABA GANOUSH

1 large eggplant
1 onion, diced
1 red pepper, diced
6 T Olive Oil
Juice of 1 large lemon
3 cloves garlic, minced
1 t salt
¼ t pepper
½ cup tahini sauce (recipe follows)
2 to 3 T mayonnaise

Prick eggplant on all sides with fork. Wrap in aluminum foil, place in oven at 400 degrees and bake for 45 minutes to 1 hour or until soft. Split the baked eggplant and allow to drain. Scoop out the pulp and mash fine or process in food processor.

In a 7-inch skillet sauté onion and pepper in 6 tablespoons of oil.

Mix lemon juice and garlic into eggplant. Add sautéed onion, pepper, and excess olive oil. Mix well or process. Add salt, pepper and tahini. Add enough mayonnaise to lighten the color. Add more lemon juice or vinegar if you prefer a tangier taste.

Refrigerate in a closed container until ready to serve.

BASIC TEHINA SAUCE **(Zahav, Michael Solomonov)**

The important step in this recipe is to allow the garlic and lemon juice to stand out for 10 minutes after blending but before adding the tehina. This step helps to stabilize the garlic and prevents it from fermenting

and turning sour and aggressive, which is the problem with a lot of tehina sauces (and therefore the hummus made from them).

Because you are making an emulsion (oil-based tehina incorporated into water and lemon juice), the tehina sauce can sometimes separate or seize up. Don't panic! That is why you keep a glass of ice water nearby and add a few tablespoons at a time to the lemon juice-tehina mixture while you are whisking, until your creamy emulsion returns.

1 head garlic
¾ cup lemon juice (from 3 lemons)
1 ½ t kosher salt
2 generous cups tehina
½ t ground cumin

Break up the head of garlic with your hands, letting the unpeeled cloves fall into a blender. Add the lemon juice and ½ teaspoon of the salt. Blend on high for a few seconds until you have a coarse puree. Let the mixture stand for 10 minutes to let the garlic mellow.

Pour the mixture through a fine-mesh strainer set over a large mixing bowl, pressing on the solids to extract as much liquid as possible. Discard the solids. Add the tehina to the strained lemon juice in the bowl, along with the cumin and 1 teaspoon of the salt.

Whisk the mixture together until smooth (or use a food processor), adding ice water, a few tablespoons at a time, to thin it out. The sauce will lighten in color as you whisk. When the tehina seizes up or tightens, keep adding ice water, bit by bit (about 1 ½ cups in total), whisking energetically until you have a perfectly smooth, creamy, thick sauce.

Taste and add up to 1 ½ teaspoons more salt and cumin if you like. If you are not using the sauce immediately, whisk in a few tablespoons of ice water to loosen it before refrigerating. The tehina sauce will keep a week refrigerated, or it can be frozen for up to a month.

HUMMUS TEHINA

1 cup dried chickpeas
2 t baking soda
1 ½ cups Basic Tehina Sauce
1 t kosher salt
¼ t Ground cumin
Paprika
Chopped fresh parsley
Olive oil, for drizzling

Place the chickpeas in a large bowl with 1 teaspoon of the baking soda and cover with water. (the chickpeas will double in volume, so use more water than you think you need.) Soak the chickpeas over night at room temperature. The next day, drain the chickpeas and rinse under cold water.

Place the chickpeas in a large pot with the remaining 1 teaspoon baking soda and add cold water to cover by at least 4 inches. Bring the chickpeas to a boil over high heat, skimming off any scum that rises to the surface. Lower the heat to medium, cover the pot and continue to simmer for about 1 hour, until the chickpeas are completely tender. Then simmer them a little more. (The secret to creamy hummus is over cooked chickpeas; don't worry if they are mushy and falling apart a little.) Drain.

Combine the chickpeas, tahini sauce, salt, and cumin in a food processor. Puree the hummus for several minutes, until it is smooth and uber-creamy. Then puree it some more!

To serve, spread the hummus in a shallow bowl, dust with paprika top with parsley and more tahini sauce if you like, drizzle generously with oil.