Retigo Combionline | Cookbook | Vegetables 6. 4. 2021

Baba Ganouj

Cuisine: Middle-East Food category: Vegetables



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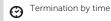
Program steps

Preheating:

235 °C

\$\$\$ Hot air

100 %





hh:mm







Ingredients - number of portions - 8

Name	Value	Unit
aubergine	1	kg
extra virgin olive oil	50	ml
strong tahini	30	g
cloves garlic, finely chopped	2	pcs
ground caraway	10	g
lemon 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.