

Baba ganoush

Recipe for 4 personnes

Description

Eggplant caviar with herbs and condiments.

Ingredients

For the baba ganoush

- 2 Unit(s) Eggplant
- 2 Unit(s) French shallot
- 0.50 Bunch(es) Chives
- 0.50 Bunch(es) Flat parsley
- 60 Ml Maille grain mustard
- 2 Clove(s) Garlic
- 15 Ml Red wine vinegar

- Olive oil
- Salt and pepper

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **425 F°**

For the preparations

Cut the eggplant in half, do some incisions in the flesh, put a nice drizzle of olive oil on the top, salt and pepper, put it on a baking tray. Cook it in the oven for 30 minutes until the flesh gets tender. Chisel the shallots and the chive. Chop the parsley and the garlic.

For the baba ganoush

Empty the eggplant and put the flesh in the culinary robot, smooth it as a purée. In a bowl, mix the eggplant, the garlic, the shallot, the herbs, the mustard and the vinaigre, mix it well by fixing the seasoning.

Bon appétit!