

# FLAVOR of the WEEK

~ Shannon Waters ~

## Eggplant ...Strikes Back!

*For pictures, more instruction and to ask questions about what to do with the rest of your basket go to [forkmylife.com](http://forkmylife.com).*

This recipe comes straight from a friend of mine and sous chef at our sister restaurant in Hong Kong. When I first started, I remember him and one of the other cooks making Baba Ghanouj for family meal and it was the best I'd ever had. Since then, he's left to go take on opening a restaurant in Hong Kong, but luckily I got in touch with him overseas just share this killer recipe with you! I've also included a recipe for Chapati to scoop up this delicious dip- it's my favorite Indian flatbread recipe that doesn't that doesn't require a tandoor oven.

### BABA GHANOUJ

Preheat oven to 400

3-4 small or 2 Large Eggplant

Olive Oil

Salt

¼ c Lemon Juice

3 T Tahini

3 Garlic Cloves (Minced)

1 Bunch Parsley (Finely Chopped)

### MAKING BABA GHANOUJ

Rub each eggplant with olive oil and salt. With a fork, poke plenty of holes in each one and place the eggplant directly onto the oven racks already in your oven. Lay a pan or sheet of tin foil on the rack below it to catch any juices that drip down. Roast the eggplant for about an hour or until they are totally soft. Split them open into a strainer and allow the excess liquid to drain for about ten minutes. Next, scoop out the insides. As you do this, try to separate the seeds and discard them- they tend to make the baba ghanouj bitter. Make sure to discard all of the skin as well. If using a food processor, pulse the eggplant a few times until smooth. If you don't have a food processor, put the

eggplant in a bowl and mash until a smooth paste forms. Next, in either the bowl or processor, add 2 T of olive oil, ½ T of salt, the lemon juice, tahini, and garlic. Pulse a few times or mix well. Finish by sprinkling the parsley on top and mixing in. This is best eaten the next day when all the flavors have had some time to mingle together.

### CHAPATI

Preheat oven to 400

1 c Whole Wheat Flour

1 c AP Flour

1 ½ t Salt

1 c Water

2 T Olive Oil

### MAKING THE DOUGH

In a bowl, mix the flour and salt. Add the water and oil and mix thoroughly by hand until a soft dough has formed. Dust your hands with flour and turn the dough out onto a floured work surface and knead for 10 minutes.

Transfer to a bowl, cover, and allow to rest for 45 minutes.

Divide the dough into 6 pieces. Roll each one into a very thin circle- about as thick as a tortilla.

### MAKING CHAPATI

Heat a cast iron or sauté pan and once smoking hot, add a little oil and place one of the dough circles into the pan and toast lightly, about 1 minute on each side. If you prefer your Chapati crispy, place them in a 400 degree oven for 5 minutes after toasting them.

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