

Baba Ganouj

2 medium-sized eggplants baked 40 minutes at 400 degrees. Allow to cool, peel or not, as desired.

Combine the eggplant with the following ingredients in a blender:

- $\frac{3}{4}$ tsp cumin
- $\frac{1}{2}$ tsp basil
- 2 cloves garlic
- 2 Tbsp tamari
- $\frac{1}{2}$ cup finely chopped parsley
- 1 large lemon, juiced
- 2 Tbsp olive oil
- $\frac{1}{3}$ cup tahini
- several dashes cayenne pepper

Chill for one hour or overnight for the best flavours.