

## Gluten Free Thursday: Sweet Potato “Baba Ganoush”

### Ingredients:

Difficulty: Easy  
(serves 4-6)

2 medium sweet potatoes, about 900 gr., washed and patted dry  
a little olive oil to brush the sweet potatoes with  
4 tbsp tahini  
4 garlic cloves, mashed  
juice of 1 medium size lemon  
a small bunch of fresh parsley  
3 tbsp pomegranate syrup\*  
3 tbsp za’atar spice mix\*\*  
1 tsp sumac\*  
1 tsp red pepper flakes\*\*\*, plus a little more as topping  
salt and freshly ground black pepper to taste

\*You can find pomegranate syrup, za’atar spice mix and sumac in Middle Eastern markets (you can also find sumac in Ruohonjuuri).

\*\*My za’atar mixture consists of sesame seeds, thyme and oregano.

\*\*\*If you want your baba ganoush spicier, add more red pepper flakes.

### Instructions:

1. Preheat the oven to 200C.
2. Trim the two ends of each sweet potato and cut them both to 4 pieces.
3. Put the sweet potatoes on an oven tray with a baking paper with skinny side down. Lightly brush the surfaces of the sweet potato pieces with olive oil. Put in the oven, in medium rack for about 40-45 minutes, until sweet potatoes are very soft.
4. Let the sweet potatoes cool down for about 10 minutes after you take out of the oven, then scoop out the flesh, discard the skins.
5. Put sweet potatoes in a food processor and process for a few minutes to make into a paste (it’s ok if there are some solid pieces still). Scrape the sides with a spatula if needed.
6. Add tahini, garlic and lemon juice and continue to process until they are well blended.
7. Add parsley and pomegranate syrup and process more to blend.
8. Add za’atar, sumac and red pepper flakes and process more to blend. Make sure that there are no big sweet potato pieces left.
9. Add salt and pepper to taste. Transfer to a serving bowl. Top with more red pepper flakes and za’atar if you like. You can also drizzle some olive oil. Enjoy with nice, crusty bread.