

Eggplant And Onion Dip With Turmeric

Ingredients:

Difficulty: Easy
(serves 4-6)

4 medium eggplants, about 1500 gr.
2 tbsp olive oil
2 medium onions, diced
4 garlic cloves, mashed
1 1/2 tsp ground turmeric
2 tbsp plain yogurt (use plant-based yogurt if you want to make it vegan)
1 green chili pepper, roughly chopped
salt to taste

fresh, crusty bread to serve

Instructions:

1. Preheat the oven to 220C. Put a baking paper on an oven tray.
2. Punch holes using a fork on each eggplant (many many holes). Put the eggplants on the tray you prepared and roast in the oven, in medium rack, for 50 to 60 minutes, until eggplants are really really soft.
3. Let the roasted eggplants cool down for about 15-20 minutes after roasting, then cut each in 2 and scoop the flesh with a spoon.
4. Put a large pan on medium high heat and add olive oil. Warm it for about 20 seconds, then add onions and sauté for about 7-8 minutes, stirring frequently, until they cook really well.
5. Add mashed garlic and continue to cook for about 1-2 minutes.
6. Add eggplant and turmeric and continue to cook for 3-4 minutes, stirring frequently, until all ingredients mix well and the mixture is very fragrant.
7. Transfer the mixture into a food processor. Add yogurt and green chili pepper and process until you get a rather smooth paste.
8. Scrape the sides of the food processor if necessary.
9. When the texture of the spread is as you like (I like to keep it slightly chunky, not 100% smooth), add salt to taste (I added 1 1/2 tsp) and process just for a few more seconds so that salt is well mixed with the rest. Transfer the spread to a serving bowl and serve with fresh, crusty bread. Enjoy!