



BABA GHANOUSH WITH PITA BREAD



QimiQ AVANTAGES

- Stable aux acides et ainsi ne caille pas
- Goût savoureux avec moins de matières grasses
- Peut être réchauffé sans problème



25



simplemer

INGRÉDIENTS POUR 10 PORTIONS

FOR THE BABA GHANOUSH

125 g QimiQ Base crème, non réfrigéré

700 g Aubergine

75 g Tahini [Pâte de sésame]

35 g Ail

85 ml Jus d'un citron

25 g Huile d'olive extra vergine

6 g Cumin, moulues

Sel

Poivre

25 g Persil, coupé

100 g Olives Kalamata

FOR THE PITA BREAD

25 g QimiQ Base crème,

7 g Levure chimique

330 ml Eau, tiède

5 g Sucre cristallisé

420 g Farine tout usage

Sel

PRÉPARATION

1. For the Baba Ghanoush: wash and split the eggplant (approx. 2 ea.). Prick the skin with a fork and briefly grill each side on an open flame grill.
2. Bake in a preheated oven at 180°C until tender. Remove and discard the skin and set aside.
3. Place the QimiQ Classic, tahini paste, garlic, lemon juice and most of the olive oil, along with the cumin and salt and pepper to taste into a food processor and blend until smooth.
4. Add the eggplant and some of the parsley and pulse until mixed but not pureed.
5. Place into a serving dish, garnish with the olives and some chopped parsley. Drizzle with extra virgin olive oil.
6. For the pita bread: dissolve the yeast in lukewarm water. Add the sugar and QimiQ Classic and mix well.
7. Add the flour and salt and knead to a smooth dough.

8. Divide the dough into pieces, place on a floured surface and allow to proof for 30 minutes.
9. Roll out each piece of dough with a rolling pin into a thin circle.
10. Bake in a preheated oven at 250° C for approx. 4 minutes until the bread puffs up.
11. Serve warm with the Baba Ghanoush.