



Vegetable tasting plate

SERVES: 2

Preparation

40 mins

Cooking

60 mins

Serving & Presentation

5 mins

Total time:
105 MINUTES

Baba ganoush, roast garlic and capsicum dip, spinach and pine nut dip and flour tortillas

INGREDIENTS

BABA GANOUSH



1 eggplant, cut in half



1 small clove garlic, crushed



3 tablespoons tahini paste



1 tablespoon lemon juice

ROAST GARLIC AND CAPSICUM DIP



1 red capsicum, seeded and halved



2 cloves garlic, peeled and halved



125 grams Danish feta cheese



2 teaspoons olive oil



½ teaspoon lemon juice



1 tablespoon basil leaves, chopped



¼ teaspoon dried oregano



Pinch dried chilli flakes



1 teaspoon parsley, chopped

SPINACH AND PINE NUT DIP



2 teaspoons olive oil



¼ cup pine nuts



¼ red onion, chopped finely



Pinch ground cumin



Pinch ground coriander



Pinch chilli powder



50 grams frozen spinach leaves, thawed



1 cup plain yoghurt



Pinch salt



Pinch ground black pepper

FLOUR TORTILLAS



2 cups plain flour



1½ teaspoons baking powder



Pinch salt



2 teaspoons vegetable oil



¼ cup milk, warmed



METHOD

BABA GANOUSH

- 1 Preheat oven to 180°C.
- 2 Line an oven tray with aluminium foil and place the eggplant cut-side down on the tray.
- 3 Bake for 30 minutes or until eggplant is very soft.
- 4 Remove from oven and allow to cool.
- 5 Scrape the eggplant flesh from the skin. Place in the bowl of a food processor.
- 6 Add garlic, tahini paste and lemon juice.
- 7 Using the pulse action, process for 1 minute or until just smooth.
- 8 Place the baba ganoush into a serving bowl.

ROAST GARLIC AND CAPSICUM DIP

- 1 Preheat oven to 220°C.
- 2 Place the capsicum and garlic on an oven tray. Roast in the oven for 10 minutes or until the capsicum skin begins to bubble and blacken.
- 3 Place capsicum into a plastic bag and tie up. Leave for 5 minutes.
- 4 Remove the capsicum from the bag. Peel off the skin and roughly chop.
- 5 Place the capsicum and garlic into the food processor. Process until smooth.
- 6 Add the feta, olive oil, lemon juice, basil, oregano, chilli and parsley. Process again until smooth.
- 7 Place dip into a serving bowl.

SPINACH AND PINE NUT DIP

- 1 Heat oil in a small frying pan. Add pine nuts and onion. Cook over medium heat, stirring frequently, until onion is softened and lightly browned.
- 2 Add cumin, coriander and chilli powder. Cook for one minute or until fragrant. Place into a medium bowl.
- 3 Using your hands and a metal sieve, squeeze all water from spinach. Roughly chop the spinach.
- 4 Add spinach and yoghurt to the bowl. Stir well to combine.
- 5 Place mixture into a food processor and blend until smooth.
- 6 Season with salt and pepper.

FLOUR TORTILLAS

- 1 Mix together flour, baking powder, salt and oil.
- 2 Slowly add the milk. Stir until a sticky dough forms.
- 3 Lightly flour the bench. Knead dough for 2 minutes or until soft.

tips & Techniques

To easily remove the skin from the capsicum, place the hot capsicum into a plastic bag and tie it closed. Allow the capsicum to sweat, open the bag and then peel off the skins.

Many people used to salt eggplant. However, this is not necessary when prepared as suggested in this recipe, as the full flavour of the eggplant is extracted.

Covering the dough and placing it in a warm place helps to prove the dough and increases the elasticity of the dough.

The frying pan used to cook the tortillas must be hot and dry: no oil or water is needed. This helps to puff the tortilla and make it light and nicely coloured.