

Exciting Eggplant Baba Ganoush + Pronto Pitas + Magical Mint Lebanese Limonana



exciting eggplant baba ganoush

peel+chop+mince

Peel the purple skin off of **1 eggplant (about 1-1½ lbs)** and then chop up the eggplant into tiny, tiny pieces. Set to the side. Then mince **1 clove of garlic** and set to the side separately.

heat+cook

Heat **1 T olive oil** in a skillet on your stovetop and add the chopped eggplant. Cook for about 4-6 minutes, or until the eggplant gets golden brown (a few “burnt” smoky bits are good too!). Turn off the heat.

measure+stir+cover

Measure and add **½ tsp sugar/honey, pinch of black pepper, ⅛ tsp paprika,** and **⅛ tsp ground cumin,** along with the minced garlic to your skillet and stir. Cover your skillet with a lid and let the flavors meld together and warm up, while the eggplant cools off.

squeeze+add+puree

Squeeze the **juice of 1 lemon** into a bowl and then add **3 T olive oil, 2 T tahini,** and **1 tsp salt.** Add the eggplant mixture from your skillet to the bowl. Either transfer to a food processor or blender, or use an immersion blender in the bowl, and puree until it becomes a delicious baba ganoush dip!

adjust+sprinkle+drizzle

Taste and add more salt, oil, or lemon juice if it needs it. Sprinkle with **torn mint or parsley** and a little extra **paprika** and drizzle with olive oil before serving with your fresh pita (recipe below)!

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

pronto pita bread

measure+add

Measure **1¼ C flour**, **1 tsp dry active or instant yeast**, **½ tsp salt**, and **½ tsp sugar/honey** to a mixing bowl. Carefully add ½ C warm water and 2 tsp olive oil.

knead+cover+rest

Mix by hand and knead about 50 turns. Place dough (it will be sticky) on a floured surface and cover to let rest for at least 10 minutes and up to 2 hours, during which time it will rise.

preheat+shape

Preheat a large skillet on your stovetop to medium-high heat. Divide your dough into about 8-12 pieces and have your kids shape each piece first into a ball and then flatten each ball into a circle.

cook+flip

Cook the dough on your hot skillet about 1 minute and then flip and cook another minute on the other side. Serve with your baba ganoush.

lebanese limonana

add+squeeze

Add **6-8 T sugar/honey** and **1 C water** to your blender or a pitcher for use with an immersion blender. Squeeze the juice of about 2-3 lemons into a cup and add **½ C lemon juice** to the blender/pitcher.

pluck+drop

Pluck about 5-10 leaves off of **1 stem of fresh mint** and add the leaves to your pitcher/blender. If using, add **1-2 drops** of orange blossom water.

pulse+pour

Pulse a few times with your blender to break up the mint and then let the limonana sit until you are ready to serve. Then pour into cups filled with **ice**, garnish with **mint leaves**, and serve immediately!

:: continued ::

Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

shopping list

Exciting Eggplant Baba

Ganoush

1 eggplant (approx. 1 to 1½ lb)

4 T extra-virgin olive oil, divided

2 T tahini

juice of 1 lemon

1 clove garlic

1 tsp salt

½ tsp sugar/honey

pinch of black pepper

⅛ tsp paprika

⅛ tsp ground cumin

½ T chopped fresh mint or
parsley

Pronto Pita Bread

1 ¼ C flour

1 tsp dry active or instant yeast

½ tsp salt

½ tsp sugar/honey

2 tsp olive oil

Lebanese Limonana

6 T sugar/honey

½ C lemon juice (about 2-3
lemons)

1 stem of fresh mint (about 5-10
leaves)

2 C ice

1-2 drops orange blossom water
(optional)

:: continued ::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

fun food facts:

What is Baba Ganoush?

Baba Ganoush is a famous Middle Eastern dip from Lebanon. Middle Eastern lore tells the store of an elderly, toothless father - or *baba* - with a daughter who mashed up all of his food because he couldn't chew it. In Arabic, *Baba* means father, while *ganoush* means pampered or spoiled. The simplest version of the dish contains boiled, broiled, or grilled eggplant that's mashed and mixed with olive oil. Traditionally, eggplant was either baked or broiled over an open flame until the skin was charred and could easily be peeled and the pulp was silky with a smoky taste.

The flavorings of baba ganoush depend on the region where it's eaten. Every culture has a different blend of seasonings that they like to add. Indian cultures typically add curry. Greeks typically add olives and mint. Romanians keep it simple with good olive oil, lemon, and a lot of garlic.

Who eats baba ganoush? A lot of people! It is popular in Middle Eastern countries such as Syria, Lebanon, and extending into the region of the Ottoman empire. It's also eaten in Brazil, West India, Romania, Greece, and the U.S. People of Bangladesh, Punjab, West India, and Pakistan also enjoy baba ganoush. In Israel, a version of the dish is called *patlican salatasi* and is often made with mayonnaise instead of tahini. Baba ganoush is on the menu in Turkish restaurants throughout the world and it'll sometimes be listed as "eggplant caviar". Fancy!

The Surprise Ingredient of the Week is: Eggplant!

- ★ **Eggplants aren't really vegetables!** They're berries. Which isn't that strange, considering other fruits are commonly mistaken for vegetables, like tomatoes. Eggplants and tomatoes are actually related - they both belong to the nightshade family, which also includes potatoes and peppers.
- ★ **The eggplant was first brought to the United States by experimental botanist Thomas Jefferson.** The eggplant was primarily used as a table ornament until the 20th century because it was thought to be poisonous.
- ★ **The word "eggplant" that we use in North America comes from British-colonized India,** where at the time a small, white, egg-like variety of the vegetable was all the rage. People in the U.K. call them aubergines, a word that goes all the way back to the ancient Indian language of Sanskrit.
- ★ **Eggplants are a top source of vitamin B6,** which is important for your blood, brain, and lots of tissues throughout the body.

Time for a laugh!

Where do chickens grow? On egg-plants!

When does the pita bread dough rise? When you yeast expect it!

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking