



Scorched Eggplant, Tuna and Bean Dip - Smoky!

This recipe comes from the New Zealand magazine, *Dish*, Issue No. 65. It is a clever extension of baba ghanoush which is based around blackened eggplant. This recipe has no tahini but uses tuna and beans to provide flavour and texture respectively. The tricky part is blackening the skin of the eggplant but the resulting smoky flavour really enhances the dish. The recipe from *Dish* is repeated more or less unchanged below.

For the dip, about 500 ml:

- ☐ 1 large eggplant
- ☐ 400 g tin of cannellini (or similar) beans, drained and rinsed
- ☐ 185 g tin of tuna in oil
- ☐ 2 tbsps of capers
- ☐ 2 cloves of garlic, crushed
- ☐ 1 tbsp of lemon juice
- ☐ finely grated zest of one lemon
- ☐ 2 tablespoons of sour cream
- ☐ sea salt and ground pepper
- ☐ chilli and fennel oil (see below)
- ☐ crusty bread to serve



For the chilli and fennel oil:

- ☐ 2 tablespoons of olive oil
- ☐ 2 teaspoons of fennel seeds
- ☐ 1-2 dried chillis (or to taste), chopped

Method:

If you have a gas hob, place the eggplant directly over the flame, turning occasionally until charred all over and the flesh is soft. You can also cook it on the barbecue or roast in a hot oven or cook under the griller. When cool enough to handle, peel off the skin and any charred bits and discard. When quite cool, place the flesh in a food processor.

Add all the remaining ingredients and process until very smooth. Check seasoning.

Dry roast then crush the fennel seeds. Add chillies and oil while seeds are still hot.

Serve:

Spread dip on a large plate and spoon over the chilli and fennel oil. Serve with bread.

Equipment:

Food processor.

Difficulty and Time:

Not difficult (2/5). 20 minutes.

Notes and variations:

- ☐ Accompany with a selection of vegetable fingers to dip into the mixture instead of bread.