

# Persian Eggplant Dip

This is a very healthy and tasty dip made with roasted eggplants. The recipe is simple and the trick to its delightful taste is the caramelized onion and golden garlic together with a hint mint...all together in a smoky, creamy and silky eggplant.



Since I had the eggplant dip (Kashke Badmjan) at a local Persian restaurant I wanted so bad to make it at home...when I noticed these huge, really huge eggplants at Trader Joe's I saw the opportunity to try and I end up bringing home two of this gigantic eggplants.

Eggplants are healthy in spite of a large amount of water. Eggplants contain dietary fiber, vitamins and minerals.

After searching the internet for inspiration, I end up adapting today's recipe from Minimalist Baker and Food 52.

This eggplant dip is delicious served with fresh pita bread or pita chips. Traditionally it is served with pita bread, but I love the combination of light and crispy pita chips with the creaminess of the eggplant...so it is up to you...



***Ingredients:***

- 2 large eggplants (cut into 1/4 inch rounds // skin on)
- 1 large onion, thinly sliced in half moon
- 4 cloves garlic, finely minced
- 1 tablespoon fresh mint, finely chopped

- 1 tablespoon olive oil
- Salt and pepper to taste
- $\frac{1}{2}$  teaspoon turmeric
- Sea salt + ground pepper
- Plain yogurt, Greek or regular



***Method:***

Wash and poke the eggplants with a fork, place them on a foil-lined pan. Roast in a preheated oven of 375 to 400F for about 45 min to 1 hour until the eggplants are soft.

While the eggplants are in the oven, caramelize the onion, preferably in a cast iron pan over medium heat to high heat. Add the onions. Cook for a few minute until they start to soften, stirring so the heat distribute evenly.

Reduce the heat to medium low and continue stir once in a while so the onions brown equally. The onions will reduce and become more and more golden. Remove the onions from the pan once the onion developed a deep and caramelized flavor. Set aside.

In the same pan, add the minced garlic with the mint and let it turn golden under medium heat, stir constantly, so the garlic will not burn. Remove from the heat and add to the caramelized onion.

Once the eggplants are soft and somewhat the skin burnt Remove from the oven, let it cool and then remove the inside of the eggplant with a spoon. Mash the eggplant with a fork.

In the same cast iron skillet place the mashed eggplant, salt, pepper, turmeric and cook for a few minutes stirring constantly. Once the mixture is even, add the mixture of caramelized onion and garlic.

Cook for another 3 to 4 minutes, adjust more seasoning if necessary stirring frequently.

Before serving add plain yogurt. Serve warm or at room temperature.





I hope you enjoy this simple and easy recipe for an eggplant dip...you might want to take a look of Homemade Hummus or Jalapeno Artichoke Crab Dip recipes.



Did you know that eggplant is a fruit and classified as a berry? Moreover, the seeds of eggplants contain nicotinoid, which are substance related to the ones found in tobacco, both are species of nightshade plants.



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