

Babagnoush- FF

3 eggplants
2 lemons juiced
1 tomato, chopped
1 onion, chopped
1/2 tsp honey
1 tsp pomegranate syrup (I used Just Syrup brand)
3 cloves garlic, roasted
1 tsp ground cumin
1 tsp sumac
2 cups parsley, finely chopped
1/2 tsp chipotle pepper
1 1/2 tsp smoked paprika
3 tsp mint, ribboned for garnish
1/4 cup pomegranate arils for garnish
Sea salt to taste

Directions:

Poke holes in the eggplant with a fork. Put into the bake with a parchment sheet for 45 m at 400 F.

Once done, remove from the oven and cool. When cool enough to touch scrape out the soft flesh from inside into a high speed blender.