

# The Downtown Dish

## Decadent Delights

**Recipe Credit:** Pinterest

**Category:** Appetizer

## Spicy Moroccan Eggplant Dip

### Ingredients:

3 eggplants  
10 ripe Roma tomatoes  
150 ml extra virgin olive oil  
4 cloves garlic  
3 teaspoons cumin seeds  
3 teaspoons caraway seeds  
salt  
2 teaspoons harissa (or more if you like it hot)  
1 lemon, juiced  
1/2 bunch coriander, finely chopped  
1/2 bunch mint, finely chopped

### Instructions:

Preheat oven to 200 °C.

Rest whole eggplants over naked gas jets to blacken the skin, turning to blacken all over. This will take 3 to 5 minutes. Place blackened eggplants on a tray and roast for 15 to 20 minutes in the oven. Remove and allow to cool slightly. Cut lengthways and scoop the flesh from the skin. Reserve the flesh and discard skin. Turn oven down to 150 °C.

Remove the tomato cores. Place the tomatoes, oil, garlic and eggplant flesh in a shallow baking dish. Roast for 1 hour. Remove from the oven and let sit for 20 minutes. Pull off the tomato skins and discard.

Spoon some of the roasting oil into a fresh pan over medium heat. Grind the spices in a mortar and pestle and add to the pan. Cook for 20 seconds or so, until they become fragrant, then stir in the eggplant and tomatoes, cooking to thicken the sauce. Season with salt, add the harissa, and allow to cool. Add a little more of the roasting oil if a thinner texture is desired. Tip the mixture into a bowl, then season with the lemon juice and stir through the herbs. Serve with warm flatbread.

