

BABA GHANOUSH AND MUHAMMARA WITH COFFEE

Ingredients

3 tablespoons pomegranate molasses

100 ml olive oil

squeeze lemon

3/4 teaspoon salt

pomegranate

1 tablespoon mint

1 tablespoon parsley

medium tomato

small onion

green pepper

red capsicum

500 grams of eggplant

Baba ghanoush:

Quarter of a teaspoon of coffee

teaspoon sesame

Nigella sativa spoon

75 ml tahini

100 ml pomegranate molasses

100 ml olive oil

Half a teaspoon of salt

teaspoon paprika

teaspoon dried coriander

1 teaspoon cumin

medium onion

70 grams of walnuts

150 grams soft cake

1 tablespoon hot pepper molasses

4 tablespoons sweet pepper molasses

muhammara:

Directions

To prepare Muhammara: In a bowl we put pepper molasses, soft cakes, walnuts, then chop the onions, put them in a bowl containing a little olive oil and put the bowl on a low heat, then add cumin, paprika, dried coriander, and then fry the onions with spices a little for a while. Approximately two minutes, and then add onions to the Muhammara bowl, then add salt, olive oil, pomegranate molasses, tahini, nigella, sesame, coffee, then mix all the ingredients, and then put the bowl in the refrigerator until the ingredients are taken from each other, and then we Pour the muhammara into a serving dish and decorate it with walnut pieces, mint, pomegranate molasses and olive oil, then it is ready.

To prepare Baba Ghanoush: Cut the grilled eggplant into fine pieces, then put them in a colander and drain them well from the water, then put them in a bowl and add the grilled red pepper, onions, tomatoes, green peppers, mint and parsley, salt, olive oil, pomegranate molasses, juice Lemon, then mix all the ingredients, then pour baba ghanoush in a serving dish and decorate it with walnuts, mint, pomegranate molasses, pomegranate seeds and olive oil, then it is ready.

C H E F O M A R

Bon Apetit!