



LIVE WELL WATERTOWN

Charred Eggplant Dip

Prepared By: Community Chef Carabeth

Adapted From: Zahav Cookbook

INGREDIENTS:

- 2 eggplants
- 2 cloves garlic
- 1/4 c olive oil
- 1 tsp kosher salt
- 1/2 c parsley

INSTRUCTIONS:

Using broiler or hot grill, cut eggplants in 1/2 and cook until the insides are pudding like in texture. Once cool, scrape flesh and remove skin. Add rest of the ingredients and mash until creamy and smooth.

Carrot Puree Dip

Prepared By: Community Chef Carabeth

Adapted From: Spice Cookbook

INGREDIENTS:

- 2 lbs carrots, peeled and cut
- 6 tbsp olive oil
- 1 tbsp white wine vinegar
- 4 tsp harissa
- 1 tsp cumin
- 1/2 tsp ground ginger
- 1 tsp garlic chopped

INSTRUCTIONS:

Boil carrots in water until soft, about 20 min (test with a fork). Drain, return to saucepan. Cook for 30 seconds to thoroughly dry them. Mash carrots along with rest of ingredients, salt and pepper to taste.