

Orange Blossom Water

<http://www.orangeblossomwater.net>

<http://www.orangeblossomwater.net/index.php/2010/01/15/mtabbal-al-bathenjan/>

Mtabbal Al-Bathenjan

From: Family Recipe / Servings: 3 - 4 People

1 medium eggplant (300 g)	Place Eggplant directly on the flame of a gas burner, and turn every few minutes, so it is charred on the outside and the pulp is soft and has a smoky taste.
3/4 cup drained yogurt	
1/2 tbsp tahini	
1/4 tsp crushed garlic	Remove the charred skin of the eggplant, you can rinse with water and that will help in removing the skin.
Salt	
<u>Garnish</u>	This is the eggplant after removing the skin.
Ground sweet paprika	Place the eggplant in a strainer to drain for about 30 minutes
Olive oil	In a bowl, add drained yogurt.
Mint leaves	Add tahini, crushed garlic and salt to yogurt.
Black Olives	Mash eggplant using knife (don't use food processor).
<u>To Serve</u>	This is mashed eggplant.
Pita bread or Arabic flat bread	Mix very well.
Tomatoes	Serve in a plate.
Mint leaves	Garnish with ground sweet paprika, olive oil, mint leaves, and black olives.
Cucumber Pickles	
Raw onion	Serve immediately, or keep it in the refrigerator for about 30 minutes, then serve it.
Lahmeh Meshwiyeh (Grilled Kabab)	Serve with pita bread or Arabic flat bread, tomatoes, mint leaves, cucumber pickles, raw

onion, and with Lahmeh Meshwiyeh (Grilled Kabab)

Notes and Tips

I have a big quantity of yogurt about one kilograms, so I drain all the quantity of yogurt in a cloth to dry (the day before you plan to make Mtabbal Al-Bathenjan, drain the yogurt), then after all the quantity drained well to dry, I measured 3/4 cup drained yogurt for mtabbal.