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KASHKE BADEMJAN (PERSIAN EGGPLANT DIP)

April 9, 2018 / By [Shadi HasanzadeNemati](#) / [22 Comments](#)

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Kashke Bademjan is a simple Persian eggplant dip that is made with a handful of ingredients. This tasty vegetarian dip is full of amazing flavors and is the perfect appetizer for any table!



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Have you ever had that dish that makes you go, "I seriously don't know what it is about this dish, but I want to have it for the rest of my life?" Kashke bademjan is that dish for many people out there. You might have had it at a friend's home, or at a Persian restaurant, or probably at a potluck. I'm sure that if you've had it, you've most definitely loved it, and have thought of making it yourself, so here is a full guide and step by step recipe to make this delicious Persian appetizer.

Eggplant is a common ingredient in Persian, Middle Eastern and Mediterranean cuisines and is used in a variety of recipes such as this [Middle Eastern eggplant recipe](#), [Persian eggplant soup](#), [eggplant sumac meatballs](#), [Mast o Khiar \(Persian Yogurt and Cucumber Dip\)](#), [Manakish Zaatar](#) or [stuffed eggplants with lamb and walnuts](#) and [Greek Eggplant Moussaka](#). One of my all time favorite ways to use eggplant is in the Kashke Bademjan recipe which we are going to talk about today.

WHAT IS KASHKE BADEMJAN?

Kashke bademjan, also called kashko bademjan, is the Persian name of a Persian eggplant dip. Kashk means yogurt whey, a dairy product made of drained yogurt which has a salty and tangy flavor, and Bademjan means eggplant. This dish is basically made of the combination of these two ingredients. This Persian eggplant dip is usually served as an appetizer though I can totally have it as a main dish. Kashke bademjan is usually served with bread like lavash, pita or naan. You can also serve it with baguette or sourdough, whatever you fancy.

Yogurt whey or kashk comes in dry or liquid form. The dry form can be round, strings or powder and can be kept in a cool, dry place. To use prepare dry kashk to use, place some in a bowl and cover with boiling water. Wait for some minutes and then stir until it's dissolved in water. The liquid form on the other hand should be kept in the fridge and can be used directly in a recipe. I personally prefer dry kashk as it makes it easier to adjust its flavor and consistency. You can find kashk in Persian/Middle Eastern shops (usually in the refrigerator) or [here](#) (affiliate link).

HOW TO MAKE KASHKE BADEMAJN

This Persian eggplant dip can be made in many different ways. The very basic kashk bademjan recipe calls for eggplants, onion, garlic and kashk. The first and more traditional method of making kashke

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the eggplants really well and mix with onion and garlic and kashk. Pretty easy and simple but the method calls for more oil as eggplants absorb fat so much.

To minimize the use of oil, you can either bake the eggplants and proceed with the recipe, or you can use a stove top method as follows. Start with browning the peeled and halved eggplants in a pan, transfer them to a plate, and, in the same pan, saute some onion and garlic. Put the eggplants back in the pan and add turmeric and black pepper. Stir and mix well. Add in some water, then cover and cook for about ten to fifteen minutes until the eggplants are fully cooked. Mash the eggplants and onion mixture well.

Next, add the kashk, bloomed saffron and some dried mint to the dish, stir well and cook over medium heat for about five to ten minutes. This would help the flavors combine better.

At this point, kashke bademjoon is ready to serve. I always like to go ahead and add some sauteed dried mint on top with some extra kashk and chopped walnuts for extra crunch and texture. You can also add some more caramelized onion on the top.

WHAT MAKES KASHKE BADEMJAN DIFFERENT THAN OTHER EGGPLANT DIP RECIPES?

Kashke bademjan is served warm or at room temperature whereas most eggplant dips are served cold. This particular eggplant dip recipe lists eggplants as the main ingredient and uses kashk (yogurt whey) to add more flavor to the dish. This eggplant dip makes a great appetizer for family gatherings or dinner parties.

NOTES AND TIPS TO MAKE KASHKE BADEMJAN:

- If you cannot find kashk or are not a fan of it, you can simply use sour cream, European or Greek yogurt instead.
- If you would like to freeze kashke bademjan, freeze the mixture before adding the kashk, sour cream or yogurt. Once you're ready to eat, thaw kashke bademjan, mix it with kashk and heat in a pan.

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Chinese eggplants but roman, greek or regular globe eggplants work as well. Make sure to peel the eggplants.

- Using dried mint is very much advised in this recipe. You can find dried mint in big supermarkets or middle eastern/Persian shops.

More Dip Recipes:

- [Muhammara Roasted Red Peppers and Walnut Dip](#)
- [Mirza Ghasemi Persian Eggplants and Tomatoes](#)
- [Baba Ganoush Recipe](#)

Kashke Bademjan (Persian Eggplant Dip)

Kashke Bademjan is a simple Persian eggplant dip that is made with a handful of ingredients. This tasty vegetarian dip is full of amazing flavors and is the perfect appetizer for any table!

Course	Appetizer, Main Course
Cuisine	Persian
Prep Time	15 minutes
Cook Time	40 minutes
Total Time	55 minutes
Servings	4 servings
Calories	250 kcal
Author	Shadi HasanzadeNemati

★★★★★
4.88 from 8 votes

Print

Ingredients

- 4 tbsp Olive Oil
- 4 Chinese Eggplants See Note #1
- 1 large Onion Sliced
- 4 cloves Garlic Minced
- 1/2 tsp Turmeric
- 1/2 tsp Black Pepper

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- 1 tbsp Bloomed Saffron See Note #4
- 2 tbsp Dried Mint See Note #5

Instructions

1. Peel the eggplants and cut them in halves lengthwise, then cut each into half width-wise.
2. Heat 2 tablespoons olive oil in a pan, once hot, place the eggplants in the pan and sear on both sides until golden brown. The eggplants are not supposed to cook all the way through.
3. Take the eggplants out of the pan and place them in a plate. In the same pan, pour two tablespoons olive oil and saute the onion until golden brown and soft.
4. Add in the garlic and give it a nice stir.
5. Add in the browned eggplants, turmeric and black pepper. Mix and add the water. Cover and cook for ten to fifteen minutes until the eggplants are cooked through.
6. Once the eggplants are cooked, turn the heat off and mash the eggplants using a potato masher or an immersion blender.
7. Add kashk, one tablespoon dried mint and bloomed saffron to the eggplant mixture and stir well. Turn the heat on to medium and cook for another five to eight minutes.
8. Serve warm with pita, lavash or naan bread.

Topping:

1. Heat 1/2 tsp olive oil in a pan and sear one tsp dried mint for thirty seconds.
2. Top kashke bademjan with more kashk (yogurt whey), walnuts, seared dried mint and caramelized onion and garlic.

Recipe Notes

1. You can use any other type of eggplants such as Italian, graffiti or regular globe eggplants. You'll need about 1-1.5 lb eggplants.
2. If the eggplants are not cooked completely, add more water, start with three to four tablespoons.
3. You can find liquid kashk (yogurt whey) in Persian/Middle Eastern shops. If you find dry kashk, mix 1/2 cup dry kashk with 1/2 cup boiling water and let it sit for some minutes, then mix so it dissolves. The consistency should be of ketchup. If it's too thick, add more water.
4. To see how to bloom saffron, click [here](#).
5. You can find dried mint at Persian/Middle Eastern shops or [here](#) (affiliate).

Have you made this recipe? Let us know by commenting and rating on this recipe. Take a picture and tag [@unicornsinthekitchen](#) and [#unicornsinthekitchen](#) for a chance to be featured!

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[Lisa | Garlic & Zest](#)

April 10, 2018 at 7:49 am

I've never heard of kashk before, which is probably why some middle eastern dishes seem so exotic to me... I see you mention yogurt though — so that's completely do-able. I want to try this.

REPLY

Shadi HasanzadeNemati

April 10, 2018 at 4:42 pm

Hope you enjoy it!

REPLY

[JuPo Art](#)

May 6, 2018 at 7:46 pm

My friend/boss is Iranian. He's always killing me with these DELICIOUS foods that his mother makes for him, because I'm always on a diet lol. . He brought this in one day and I was hooked!!!! I am so glad i stumbled upon ur site!!! Thanks for the great recipes!!

REPLY

Shadi HasanzadeNemati

May 7, 2018 at 6:02 am

Thank you! I hope you try it and like it! 😊

REPLY

Beth

April 10, 2018 at 7:54 am

This dip sounds so delicious! Especially with the saffron! It is such a glorious flavor! I love eggplant! I'm definitely giving this a try!

REPLY

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Shadi HasanzadeNemati

April 10, 2018 at 4:44 pm

Thank you Beth! I hope you give this a try and enjoy!

REPLY

Danielle

April 10, 2018 at 9:29 am

This looks divine! I'm so attracted to Persian and middle eastern flavors – the ingredients are usually so simple, but the flavors are so bold! I usually reach for baba ganoush, but I must give this dip a try. It'll be perfect for grilling and picnic season.

REPLY

Shadi HasanzadeNemati

April 10, 2018 at 4:41 pm

Thank you Danielle! It's a very easy one! Perfect for summer!

REPLY

Edyta at Innocent Delight

April 10, 2018 at 9:55 am

Wow, this recipe really sounds fantastic. I will definitely try it if I find all the ingredients. But in the meantime I may try to make it with Greek yogurt. I love eggplant so much that actually I cannot stop thinking about this dip now...

REPLY

Shadi HasanzadeNemati

April 10, 2018 at 4:33 pm

Hi Edyta! I hope you try this recipe! Greek yogurt will work just fine! <3

REPLY

Sara

April 10, 2018 at 9:59 am



I am a huge fan of eggplant so I know I'm going to love this dip. I can't wait to make it for my next family gathering!

REPLY

Shadi HasanzadeNemati

April 10, 2018 at 4:32 pm

I hope you try and enjoy this!

REPLY

Danielle

April 12, 2018 at 11:29 am

I am so intrigued by this. It sounds absolutely amazing! I must learn more about persian flavors!

REPLY

Shadi HasanzadeNemati

April 13, 2018 at 7:10 am

Hope you try and enjoy this dish! <3

REPLY

Billy

April 13, 2018 at 12:21 pm

This looks so delicious! I love eggplant dip, but I haven't made this particular type before. Can't wait to try making this one at home. Thank you so much for sharing!

REPLY

Shadi HasanzadeNemati

April 13, 2018 at 12:58 pm

Hope you try this recipe and enjoy it!

REPLY

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Zeina

August 16, 2018 at 6:32 pm

I am planning I use sour cream . What's the measurement ? Thanks

REPLY

Shadi HasanzadeNemati

August 17, 2018 at 8:52 am

You can use 1/2 cup sour cream with 1/2 tsp salt and 1/2 tbsp white vinegar.

REPLY

Mary

October 28, 2018 at 9:16 am

Nice recipe! Were we supposed to add salt though?

REPLY

Shadi HasanzadeNemati

October 28, 2018 at 1:14 pm

Hi Mary! The yogurt whey (kashk) itself is salty but taste at the very end and add salt if needed



REPLY

Hanieh

December 4, 2018 at 3:48 pm

Although amazing one small issue is that you don't have any salt in it and maybe it's bc your recipe is with kashk but I used yogurt and it needed a lot of salt. Otherwise excellent!

REPLY

Shadi HasanzadeNemati

December 4, 2018 at 4:41 pm

Hi Hanie, Thank you for your comment. That's right, I don't add salt because Kashk itself is pretty salty. Moreover, the addition of salt depends on the liking of each person. I'm glad you like this recipe!

REPLY



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