

## SPRING TERM YEAR 6 DIPS AND DIPPERS

### Creamy Garlic Dip

<u>Ingredients</u>	<u>Equipment</u>
150ml half fat crème fraiche	mixing bowl
1 garlic clove, peeled and crushed	garlic crusher
1 tablespoon fresh coriander, chopped	chopping board and sharp knife
	serving bowl
	spoon and spatula

#### Method

Put all the prepared ingredients into a small bowl and mix well. Cover with cling film and leave for about 30 mins.

### Guacamole

<u>Ingredients</u>	<u>Equipment</u>
2 ripe avocados, stones removed	teaspoon
2 tablespoons freshly squeezed lemon juice	lemon juicer
2 ripe tomatoes, skinned	small bowl
1 garlic clove, peeled and crushed	chopping board
	sharp knife
	fork
	serving bowl

#### TO SKIN A TOMATO

- Boil a kettle. Cut an 'x' shape on the top of each tomato and place in a small bowl. CAREFULLY cover tomatoes with boiling water, leave for 1 min and then remove tomatoes with a spoon and place on a chopping board.
- Leave to cool a few mins and then peel skins. Use as needed.

#### Method

1. Scoop the prepared avocado with a teaspoon, put them in a small bowl and mash. Add the lemon juice and toss.
2. Cut the tomatoes into quarters and remove and discard the seeds. Chop the tomato flesh finely.
3. Put all the ingredients together and mix until smooth.
4. Transfer to a small serving bowl.

## Hoummus

### Ingredients

400g tin chick peas, rinsed and drained  
2 tbs tahini (or Greek yoghurt)  
2 tbs freshly squeezed lemon juice  
2-3tbs olive oil  
1 garlic clove, crushed

### Equipment

can opener  
colander  
lemon squeezer  
tablespoon  
garlic crusher  
blender or potato masher  
serving bowl  
spatula  
spoon

### Method

Put all the ingredients in a food processor/blender and blend to form a lumpy puree OR mash carefully with the potato masher. If the mixture is still too stiff add a little more oil.

## Salsa

### Ingredients

1 red onion, peeled, halved and finely sliced  
4 tomatoes, skinned and finely chopped  
1 small bunch coriander, roughly chopped  
1 pinch dried chilli flakes(optional)  
juice of 1 lime

### Equipment

chopping board  
sharp knives  
small chopping board  
spoon  
lemon squeezer  
serving bowl

### TO SKIN A TOMATO

- Boil a kettle. Cut an 'x' shape on the top of each tomato and place in a small bowl. CAREFULLY cover tomatoes with boiling water, leave for 1 min and then remove tomatoes with a spoon and place on a chopping board.
- Leave to cool a few mins and then peel skins. Use as needed.

### Method

Mix all the ingredients together, cover and leave to stand.

## Tsatziki

### Ingredients

½ cucumber, peeled, seeded and chopped  
1 garlic clove, peeled and crushed  
½ large pot Greek yoghurt  
1 handful mint, roughly chopped  
salt to taste

### Equipment

sharp knife  
chopping board  
garlic crusher  
spoon  
serving bowl

### Method

Mix all the ingredients together, cover and leave to stand.

## DIPPER IDEAS

Carrot, Celery and Cucumber sticks  
Peppers

**Pitta bread crisps** (makes 24)– 3 pitta breads, carefully cut in half lengthways. Each of these pieces cut in half and then each half into 4 (making 8 pieces per pitta bread)

Place on a baking tray and cook until golden brown at the edges -about 10 mins.

Leave to cool before using.

**Sweet Potato Wedges** –4 sweet potatoes, each cut into 6 wedges.

Bring a large saucepan of water to the boil. Add the wedges and cook for 10 mins.

Drain well and place in a roasting tin. Pour over 2tbsp oil (sunflower or olive) and cook for 15 mins until crisp and golden.