

SPRING TERM YEAR 6 DIPS AND DIPPERS

Creamy Garlic Dip

Ingredients

150ml half fat crème fraiche
1 garlic clove, peeled and crushed
1 tablespoon fresh coriander, chopped

Equipment

mixing bowl
garlic crusher
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

Ingredients

2 ripe avocados, stones removed
2 tablespoons freshly squeezed lemon juice
2 ripe tomatoes, skinned
1 garlic clove, peeled and crushed

Equipment

teaspoon
lemon juicer
small bowl
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.