

Recipe dips

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Guacamole

Ingredients:

4 mild chillies, finely chopped
bunch coriander, chopped
2 tomatoes, finely chopped
salt, to taste
1 onion, finely chopped
½ lime, juice only
3 ripe avocados

Preparation method:

1. In a pestle and mortar, pound the chillies, coriander, tomatoes, salt and onion to a fine paste.
2. Add a little water and lime juice to make a looser mixture. Mash in the avocados. Serve.

Hummus

Ingredients:

200g / 7oz canned chickpeas
2 tbsp lemon juice or more
2 garlic cloves, crushed
1 tsp ground cumin
salt
4 tbsp water
2 tbsp extra virgin olive oil

Preparation method:

1. Drain the chickpeas and rinse. Reserve a few whole chickpeas for serving.
2. Combine the chickpeas, lemon juice, garlic, cumin, salt and water in a food processor, and blend to a creamy puree.
3. Drizzle with extra virgin olive oil and scatter with the reserved chickpeas.

Salsa

Ingredients:

250g / 9oz fresh tomatoes, finely chopped
1 small onion, finely chopped
3 mild chillies, finely chopped
bunch coriander, finely chopped
salt, to taste
lime juice, to taste

Preparation method:

1. Chop the tomatoes.
2. Dice the onion.
3. Deseed and finely chop the chillies.
4. Chop the coriander.
5. Add pinch of salt and $\frac{1}{2}$ - 1 tsp of lime juice.
6. Mix together and serve.