

Cooking Cuisine

22nd June 2022

Summer Dips for any occasion

Serves 6

Chunky Baba Ganoush

Equipment

- Food processor
- bowls

1. Chunky Baba Ganoush

Ingredients

- 2 aubergines
- 2 garlic cloves
- 1 green pepper
- 1 red bell pepper
- 2 tbsp parsley
- Juice of ½ lemons
- ½ teaspoon salt
- 2tbsp olive oil
- 2tsp tahini (optional)



Directions

- Roast the vegetable in the oven or grill on a skillet until the skin is charred and the vegetables are soft to the touch
 - Once removed from heat, peel the skin off the peppers (but leave some for a smokey flavour), chop and put in a mixing bowl
 - Scoop out the pulp from the aubergines with a spoon and add to the bowl
 - Chop the garlic or use garlic press to add the garlic, if the garlic is also roasted, just squeeze it out of it's skin to add to the bowl
 - Break up the vegetables with a fork for a chunky texture or add some tahini and purees with a puree stick for a creamier consistency
- Add all the other ingredients The Baba Ganoush will keep in the fridge for 3 days, covered with plastic wrap or a lid and freezes well for up to 3 months

Pesto Hummus

Serves 6

Equipment

- As above

Ingredients

- 1 can of chickpeas (or white beans)
- 1 handful of basil
- 1 garlic clove, chopped
- 1 juice from one lemon
- 50gr toasted pine nuts or pistachios
- 2tbsp olive oil
- 50gr parmesan or grated cheese
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Directions

- Add the rinsed and drained chickpeas to a food processor with all but some of the pine nuts or seeds. Pulse for a few seconds but not completely smooth

Serve topped with pine nuts, basil leaves and grated cheese

Walnut & Carrot Hummus

Serves 6

Equipment

As above

Ingredients

4 medium carrots

3tbsp cilantro (coriander leaves)

2 tbsp parsley

3/4tso ground coriander

1 garlic clove (raw or roasted)

40 gr red or yellow lentils cooked

2tsp tahini

Juice from 1/2 lemon

Ground black pepper

Chili powder or flakes or 1/2 tsp harissa seasoning

Mild curry powder

1/2 tsp salt

2tbsp virgin olive oil



Toppings

Chopped walnuts, pumpkin, sesame, sunflower or pine kernel seeds

Instructions

Brush the carrots with olive oil, season with salt and a little curry powder.

Roast the carrots in the oven for 15-20 min. At the same time, cook the lentils in salted water or vegetable stock. Red lentils cook in as little as 10-15 min.

Alternatively chop the carrots and add to the lentils to cook for the last 6 minutes, if not roasting in the oven.

Drain off the excess liquid.

Toast the walnuts in a skillet for 4-5 minutes, stirring to prevent burning.

Add all the ingredients to a food processor and pulse a few times until almost smooth

(keep a little parsley, cilantro and some of the chopped nuts aside for topping.)

Season to taste with salt & pepper

Serve in a bowl topped with some of the remaining ingredients

Serve with sliced pita, crackers or breadsticks