THE DIP BOOK

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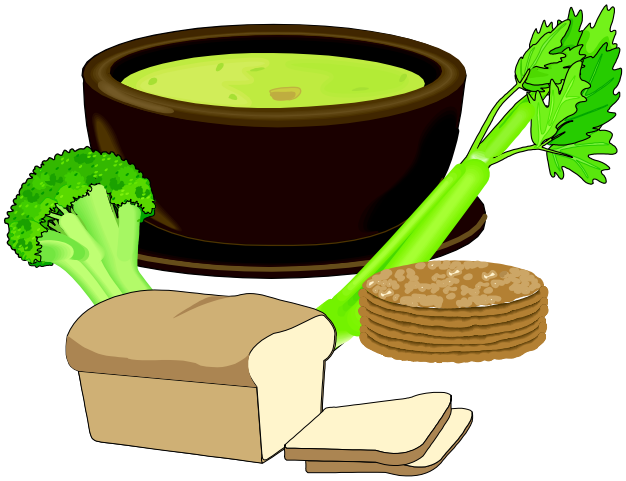
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Barbara was born in Tasmania and gained a Bachelor of Education and Graduate Certificate of Counselling & Development from the University of Tasmania. She was an educator and wrote the Dip Book to try and stop mothers buying junk food for kids. She died in 2014.

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So all may benefit from her efforts to improve the nutrition of school children and some remember her.

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DEDICATION

To my husband John for his continuing help and encouragement.

To my children John and Irena and stepchildren Daniel and Emma who are always keen to try something new.

To my mother Irene who always looked for the silver lining in life and who also always encouraged me to finish what I started and to my father Joseph who always encouraged me to try hard and succeed.

Finally to my mother-in-law Diane and my sister Sue who have both been a continual source of support in so many ways over the years.

INTRODUCTION

Dips have their origins in the Middle East where “buffet” meals have been a way of life for centuries. Due to their increasing popularity they are now becoming part of Western cuisine. Whilst they are a popular party food, dips can also be used as an entree at dinner or as part of a buffet lunch.

There is nothing like the taste of home made food and dips are quick and easy to make. Most recipes take between 5 and 10 minutes making it easy to use them in a variety of situations. They can also be used to encourage the consumption of healthy raw vegetables and many can be used as sandwich spreads to make packed lunches more interesting.

This collection of dips was put together after being enjoyably devised or tested over a period of time. There are a wide variety of flavours and textures making sure that there is something for everyone.

PREPARATION

Many dips benefit from being made in advance so that they can chill and the flavours have a chance to mingle. The exceptions tend to be with dips made from fresh fruit as they become watery if chilled for too long.

The consistency of dips vary greatly, from thin to thick and chunky. Some are crunchy or smooth while others are chunky and need accompaniments to help scoop them out.

Dips that are made with sour cream, cream cheese or yoghurt tend to thicken when chilled so they should be stirred before serving or thinned with a little milk.

Many vegetable accompaniments such as carrots, celery, zucchini, lettuce, cucumber broccoli, cauliflower, capsicums (bell peppers) and spring onion can all be prepared several hours in advance provided they are stored in airtight containers and kept in the refrigerator.

Some vegetables taste better if they are blanched or steamed lightly. It is important than this is done quickly so that they do not lose their crispness. Suitable vegetables such as carrots, zucchini, asparagus, and broccoli can therefore be microwaved with water for a couple of minutes then rinsed quickly in cold water and then chilled in the refrigerator.

SERVING NUMBERS

As a general guide dips are made to serve between four and six people as a starter or entrée. Portions depend on how each dip is intended to be used. For example, if dips are served with other foods at a buffet style party they will serve considerably more than if they are used as an entree. It is better to serve several different dips at a buffet than make a large amount of just one dip. Always provide plenty of dipping accompaniments and if using vegetables, keep some in reserve in the refridgerator. It is also generally best to provide a little more than you think you will need since dips are a great temptation when people are sitting and talking and they will tend to go back for more again and again.

PRESENTATION

The way food is presented is as important in many ways as the way it tastes and how good it is for you.

The sight of well presented food starts off the digestive process; the mouth waters, you feel hungry and the taste buds go on full alert.

Poorly presented food gives a premonition that reduces flavour and enjoyment. Some ideas follow.



Mexican Seven Layered Dip



Avocado and Anchovy Dip



Bean Dip



Curried Egg Dip



Hoy Sin Dip



Liverwurst Dip



Pork and Beef Meatballs and Dip



Spinach & Water Chestnut Dip

FOOD QUALITY

Organically grown fruit, vegatables and meat are free of hormones, pesticide and fungicide residuals etc. and are much better for you.

We try and grow most of our own vegetables and would like to be able to produce our own meat. If you have a choice go organic!



A smorgasbord of tasty dips for all occasions.

African Paprika Dip

Preparation time:

5 minutes.

Ingredients:

¼ cup dry red wine.
1 teaspoon salt.
¼ teaspoon ground ginger.
1/8 teaspoon ground coriander.
1/8 teaspoon ground cardamom.
1/8 teaspoon ground nutmeg.
1/8 teaspoon ground cloves.
1/8 teaspoon ground cinnamon.
1½ teaspoons ground pepper.
1 very small spring onion, finely chopped.
1 clove garlic, crushed.
¼ cup mild paprika.
1 cup sweet chilli sauce.

Method:

1. Place all ingredients except chilli sauce and paprika in a blender and process into a smooth paste.
2. Place paprika in a saucepan and heat for about 1 minute.
3. Add the spice mixture gradually.
4. Heat and stir occasionally until hot. About 3 minutes.
5. Cool.
6. Mix in sweet chilli sauce.
7. Cover and refrigerate.

Accompaniments:

Cooked prawns and other seafood.

Anchovy Dip

Preparation time:

5 minutes.

Ingredients:

15 anchovy fillets with oil.

20 black olives, pitted.

3 cloves garlic.

1/4 Cup vegetable oil.

185 g. (6 oz.) tin tuna in brine, drained.

2 tablespoons capers.

1 tablespoon French mustard.

1/4 cup brandy.

2 teaspoons lemon juice.

Method:

1. Place anchovies, olives, and garlic in a blender with some oil and process until smooth.
2. Add remaining ingredients and process again.
3. Cover and refrigerate.

Accompaniments:

Crisp fresh vegetables, focaccia (Italian flat bread), water crackers.

Avocado and Anchovy Dip

Preparation time:

5 minutes.

Ingredients:

2 medium Avocadoes, mashed.
56 g. (2 oz.) anchovy fillets, drained and finely chopped.
2 cloves garlic, crushed.
¼ red capsicum (bell pepper) , finely chopped.
4 tablespoons sour cream.
2 teaspoons lemon juice.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover with plastic wrap.
3. Refrigerate.

Accompaniments:

Rice crackers, cocktail rounds, water biscuits.

Bacon and Cheese Dip

Preparation time:

10 minutes.

Ingredients:

250 g. (8 oz.) soft cream cheese.
½ cup shredded cheese.
½ cup cooked, cold bacon pieces.
2 tablespoons chopped, fried green capsicum (bell pepper).
2 spring onions, chopped.
1 tablespoon parsley, chopped.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Vegetable sticks, toast, water crackers, savoury biscuits.

Bacon and Mushroom Dip

Preparation time:

20 minutes.

Ingredients:

1 cup chopped bacon pieces.
15 g. (1/2 oz. or 3 teaspoons) butter.
I small onion, chopped.
1 clove garlic, crushed.
2 tablespoons plain flour.
250 g. (8 oz.) mushrooms, sliced.
250 g. (8 oz.) soft cream cheese.
2 teaspoons soy sauce.
2 teaspoons Worcestershire sauce.
1 tablespoon dry sherry.
1/2 cup sour cream.

Method:

1. Fry bacon until crisp and then place on absorbent paper.
2. Place butter, onion and garlic in a saucepan and cook until onion is transparent.
3. Stir in mushrooms and cook until soft.
4. Sprinkle mixture with flour and stir.
5. On low heat add cheese, sauces and sherry.
6. Stir until combined.
7. Stir in sour cream and bacon.
8. May be served hot or cold.

Accompaniments:

Rice crackers, water biscuits, toast, carrots, mushrooms, celery, snow peas, capsicum, zucchini.

Bacon and Watercress Dip

Preparation time:

10 minutes.

Ingredients:

1/2 cup bacon pieces.

6 egg yolks.

2 1/2 tablespoons water.

1 cup vegetable oil.

2 1/2 tablespoons lemon juice.

1 bunch watercress.

Method:

1. Fry bacon pieces until crisp. Drain on absorbent paper and cool.
2. Place egg yolks and water in a blender or processor and blend on medium speed.
3. With the machine still running gradually add oil and lemon juice and beat until smooth and creamy.
4. Blanch watercress in boiling water for a few seconds.
5. Drain watercress and drop into the blender with the creamed mixture and blend until very smooth.
6. Fold in bacon.
7. Best served soon after making.

Accompaniments:

Smoked fish, eg. salmon, eel. & oysters.

Beef Meatballs and Dip

Preparation time:

30 minutes.

Ingredients:

Beef Meatballs:

500 g. (16 oz.) beef mince.

2 tablespoons, crunchy peanut butter.

1 medium onion, finely chopped.

1 teaspoon chilli sauce.

1 egg , lightly beaten.

Dip:

300 ml. (9 ½ fl. oz.) light sour cream.

2 teaspoons curry powder.

1/2 teaspoon tumeric.

1/2 teaspoon salt.

pepper to taste.

Method:

1. Make the dip by combining all the ingredients well. Cover and refrigerate for at least an hour.
2. Combine all the ingredients for the pork meatballs except the sesame seeds and shape into balls approximately the size of a ten cent piece. Sprinkle with sesame seeds and place on a greased baking tray. Bake in a moderate oven for 10 minutes.
3. Combine all the ingredients for the beef meatballs and shape into balls. Place on a greased baking tray. Bake in a moderate oven for 10 minutes.

Accompaniments:

Meatballs may be served in a bowl with the dip or may be served on toothpicks. Raw or blanched vegetables may also be served with the dip.

Caesar Dip

Preparation time:

5 minutes.

Ingredients:

4 anchovy fillets.
1 teaspoon Dijon Mustard.
¼ teaspoon ground black pepper.
1 tablespoon lemon juice.
1 ½ cups mayonnaise.
1 teaspoon Worcestershire Sauce.
2 tablespoons Parmesan Cheese.

Method:

1. Mash anchovy fillets with a fork.
2. Place all ingredients in a bowl and blend well.
3. Cover and refrigerate.

Accompaniments:

Seafood, cold roast beef, chicken or turkey, raw vegetables, e.g. radishes, broccoli, cauliflower, snow peas.

Caviar Dip

Preparation time:

5 minutes.

Ingredients:

225 g. (7 oz.) soft cream cheese.
1 cup sour cream.
115 g. (3 ½ oz.) caviar.
2 teaspoons Worcestershire sauce.

Method:

1. Mix all ingredients in a bowl.
2. Cover and refrigerate.

Accompaniments:

Rice crackers, toast slices, water crackers.

Caviar Cream Cheese Dip

Preparation time:

5 minutes.

Ingredients:

1 cup of cottage cream cheese.

½ cup plain yoghurt.

3 sprigs of dill.

juice of one lemon.

salt and freshly ground black pepper to taste.

90 g. (3 oz.) red caviar.

Method:

1. Place all ingredients except caviar in a blender or food processor and process for about 8 seconds.
2. Transfer the mixture to a bowl and stir in caviar, keeping a tablespoon for garnish.
3. Transfer the mixture into a serving dish and garnish.
4. Cover and refrigerate.

Accompaniments:

Water crackers, crispbread, rice crackers, raw vegetables, eg. carrots celery. zucchini, broccoli.

Chicken and Mandarin Dip

Preparation time:

10 minutes.

Ingredients:

300 ml (9 ½ fl. oz.) thickened cream.

½ packet Cream of Chicken soup.

¼ cup mayonnaise.

310 g. (10 oz.) can mandarin segments, chopped.

½ cup cooked chicken meat, finely chopped.

Method:

1. Whisk cream, soup mix and mayonnaise with a mixer until light and fluffy.
2. Fold in mandarin pieces.
3. Cover and refrigerate, but not longer than about three hours.

Accompaniments:

Corn chips, water crackers, savoury biscuits.

Chicken and Mushroom Dip

Preparation time:

20 minutes.

Ingredients:

1 small onion, finely chopped.

3 tablespoons butter.

½ cup slices mushrooms.

2 tablespoons dry sherry.

salt and pepper to taste.

2 tablespoons light olive oil.

1 dozen chicken livers, cleaned and halved.

Method:

1. Fry onion in the butter over moderate heat until onion has softened.
2. Add mushrooms and continue cooking for 4-5 minutes.
3. Add sherry, salt and pepper and simmer until most of the liquid has evaporated.
4. Transfer to a food processor.
5. In a clean pan heat 2 tablespoons of olive oil over a moderately high heat until it is hot but not smoking.
6. Add chicken livers seasoned with salt and pepper, stir for 1-2 minutes or until they are brown on the outside but still pink on the inside.
7. Transfer the livers to the food processor and process until they form a slightly coarse puree.
8. Cover and refrigerate.

Accompaniments:

Toast triangles or fingers, water crackers, crusty bread.

Clam Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) light cream cheese.

½ cup sour cream.

300 g. (9 ½ oz.) tin baby clams, drained, reserving 3 tablespoons of liquid.

1/3 cup finely chopped red capsicum (bell pepper).

1 spring onion, finely chopped.

2 tablespoons parsley, chopped.

¾ teaspoon Worcestershire sauce.

1 teaspoon sweet chilli sauce.

salt to taste.

Method:

1. Beat together cream cheese and sour cream until smooth.
2. Stir in remaining ingredients.
3. Cover and refrigerate.

Accompaniments:

Toast triangles, crusty bread, pita bread.

Coconut Fish Dip

Preparation time:

2 hours and 15 minutes.

Ingredients:

125 g. (4 oz.) fresh white fish meat, finely chopped.
1 tablespoon lime juice.
75 ml. (2 ½ fl. oz.) coconut cream.
75 ml. (2 ½ fl. oz.) thick mayonnaise.
75 ml. (2 ½ fl. oz.) plain yoghurt.
1/4 small cucumber, peeled, seeded and finely chopped.
1 stick celery, finely chopped.
1/3 green capsicum (bell pepper), finely chopped.
2 spring onions, finely chopped.

Method:

1. Marinate fish in lime juice for two hours. Use a non metallic bowl.
2. Combine remaining ingredients thoroughly.
3. Drain fish well and add to the other ingredients.
4. Cover and refrigerate.

Accompaniments:

Cooked prawns, crispbread, raw vegetables, rice crackers.

Crabmeat Dip

Preparation time:

15 minutes.

Ingredients:

200 ml. (6 ½ fl. oz.) coconut cream.

300 g. (9 ½ oz.) crabmeat.

1 teaspoon salt.

1 mild onion finely chopped.

2 tablespoons finely chopped coriander.

1 tablespoon lemon juice.

2 teaspoons of sambal oelek (chilli sauce).

Method:

1. Simmer coconut cream, crabmeat and salt in a small saucepan for 5 minutes.
2. Do not boil.
3. Stir frequently.
4. Add remaining ingredients. Stir well.
5. Cover and refrigerate.

Accompaniments:

Rice crackers, vegetables eg. capsicum, carrots, broccoli cauliflower.

Curried Crabmeat Dip

Preparation time:

5 minutes.

Ingredients:

200 g. (6 ½ oz.) natural yoghurt.

170 g. (5 ½ oz.) crabmeat.

1 clove garlic, crushed.

1 teaspoon mild curry powder.

¼ teaspoon ground cumin.

1 tablespoon fresh coriander, chopped.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Tomatoes, lettuce leaves, carrot, celery and cucumber sticks, toasted pita bread.

Garlic Anchovy Dip

Preparation time:

5 minutes.

Ingredients:

2 tins anchovy fillets.

½ cup soft margarine.

2 cloves garlic, crushed.

1 tablespoon chopped parsley.

Method:

1. Drain anchovies and reserve a tablespoon of oil.
2. Process the anchovies with the oil and the garlic and margarine in a blender.
3. Place in a bowl and garnish with parsley.
4. Serve at room temperature.

Accompaniments:

Crusty Italian bread sticks, raw vegetable sticks, e.g. carrots, celery cucumber, zucchini, cauliflower or broccoli flowerets, button mushrooms, radishes.

Ham and Mustard Dip

Preparation time:

5 minutes.

Ingredients:

2 tablespoons American Mustard.
1 packet French Onion soup.
300 ml (9 ½ fl. oz.) sour cream.
¾ cup ham, finely diced.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Vegetable sticks, savoury biscuits.

Ham and Pineapple Dip

Preparation time:

5 minutes.

Ingredients:

125 g. (4 oz.) soft cream cheese.
125 g. (4 oz.) ham, finely chopped.
1/4 cup crushed pineapple, drained.
1 teaspoon prepared horseradish.
2 teaspoons dry sherry.

Method:

1. Combine all ingredients in a bowl.
2. Stir well.
3. Cover and refrigerate.

Accompaniments:

Crackers, vegetable sticks.

Lime and Sardine Dip

Preparation time:

5 minutes.

Ingredients:

½ cup fresh parsley, finely chopped.

¼ cup butter.

1 tablespoon lime juice.

100 g. (3 ½ oz.) soft cream cheese.

1 or 2 drops chilli sauce.

110 g. (3 ½ oz.) can sardines, drained.

Method:

1. Place all ingredients except sardines in a processor or blender and process until smooth.
2. Place sardines on absorbent paper to remove as much oil as possible.
3. Mash sardines in a bowl and then stir into the cream cheese mixture.
4. Cover and refrigerate.

Accompaniments:

Crusty bread, toast triangles or fingers, savoury biscuits.

Liverwurst Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) cottage cheese.
125 g. (4 oz.) liverwurst.
1/2 cup mayonnaise.
2 dill cucumbers or gherkins.
1 small onion.
1 tablespoon of capers (optional).
1 tablespoon French mustard.

Method:

1. Chop gherkins, onion and capers finely.
2. Place all ingredients in a bowl and mix well.
3. Cover and refrigerate.

Accompaniments:

Water crackers, crisp bread, rye bread.

Meat Dip

Preparation time:

10 minutes.

Ingredients:

200 g. (6 ½ oz.) minced pork, chicken or beef.
2 tablespoons of vegetable oil.
1 clove crushed garlic.
1 piece of lemon grass.
1 teaspoon of Sambal Oelek (chilli sauce).
2 tablespoons of crunchy peanut butter.
1 cup of coconut cream.
2 tablespoons fish sauce.
2 teaspoons of brown sugar.
2 teaspoons of chopped coriander.

Method:

1. Cook meat until well coloured with garlic and lemon grass and oil.
2. Add chilli sauce, peanut butter, coconut cream, fish sauce and brown sugar and cook until the dip has thickened. Add coriander if desired.
3. Remove lemon grass.
4. May be served hot or cold.

Accompaniments:

Rice crackers, crudities eg. carrots, cauliflower, broccoli, celery.

Pineapple and Bacon Dip

Preparation time:

15 minutes.

Ingredients:

2 bacon rashers, chopped.
1 onion, finely chopped.
450 g. (14 oz.) can crushed pineapple, drained.
250 g. (8 oz.) light cream cheese.
4 tablespoons sour cream.
1 tablespoon French onion soup mix.
2 tablespoons chopped fresh parsley.

Method:

1. Cook onion and bacon in a heated pan until bacon is crisp.
2. Place pineapple on absorbent paper and pat dry.
3. Process cream cheese and sour cream in a blender of food processor until smooth.
4. Add remaining ingredients and process again.
5. Cover and refrigerate for several hours.

Accompaniments:

Pitta bread, vegetable sticks.

Pork Meatballs and Dip

Preparation time:

30 minutes.

Ingredients:

Pork Meatballs:

500 g. (16 oz.) pork mince.

2 apples, peeled and grated with excess moisture squeezed out.

1 tablespoon chopped parsley.

1 medium onion, finely chopped.

1 egg, lightly beaten.

sesame seeds.

Dip:

300 ml. (9 ½ fl. oz.) light sour cream.

2 teaspoons curry powder.

1/2 teaspoon tumeric.

1/2 teaspoon salt.

pepper to taste.

Method:

4. Make the dip by combining all the ingredients well. Cover and refrigerate for at least an hour.
5. Combine all the ingredients for the pork meatballs except the sesame seeds and shape into balls approximately the size of a ten cent piece. Sprinkle with sesame seeds and place on a greased baking tray. Bake in a moderate oven for 10 minutes.
6. Combine all the ingredients for the beef meatballs and shape into balls. Place on a greased baking tray. Bake in a moderate oven for 10 minutes.

Accompaniments:

Meatballs may be served in a bowl with the dip or may be served on toothpicks. Raw or blanched vegetables may also be served with the dip.

Prawn and Avocado Dip

Preparation time:

5 minutes.

Ingredients:

100 g. (3 ½ oz.) cooked prawn meat, chopped.

1 avocado.

100 ml. (3 ½ fl. oz.) thickened cream, beaten until thick.

1 tablespoon lemon juice.

100 ml. (3 ½ fl. oz.) mayonnaise.

1 tablespoon chives, chopped.

1 teaspoon Worcestershire sauce.

salt and ground black pepper to taste.

Method:

1. Place the prawns, avocado and lemon juice in a food processor and blend until smooth.
2. Put prawn mixture into a bowl (not a metal bowl) and fold in the cream, mayonnaise and chives.
3. Fold in Worcestershire sauce and salt and pepper to taste.
4. Cover with plastic wrap and refrigerate.

Accompaniments:

Cucumber, tomato wedges, carrot sticks, celery, crisp lettuce leaves rice crackers, crispbread.

Red Caviar Dip

Preparation time:

5 minutes.

Ingredients:

1 cup cottage cheese.
60 g. (2 oz.) red caviar.

Method:

1. Place cottage cheese in a blender and process until smooth.
2. Stir in caviar.
3. Cover and refrigerate.

Accompaniments:

Water crackers, crisp vegetables.

Red Salmon Dip

Preparation time:

10 minutes.

Ingredients:

420 g. (13 oz.) red salmon.
1 tablespoon white wine vinegar.
125 g. (4 oz.) ricotta cheese combined with one tablespoon of milk.
2 tablespoons tomato paste.
1/2 cup finely chopped celery.
4 spring onions, finely chopped.
1 tablespoon cucumber, peeled, seeded and finely chopped.
2 teaspoons fresh dill, chopped.
1 teaspoon cayenne pepper.
black pepper, freshly ground.

Method:

1. Blend salmon and vinegar until smooth.
2. Stir ricotta mixture into salmon.
3. Add remaining ingredients and mix until well combined.
4. Cover and refrigerate.

Accompaniments:

Celery, carrots, cauliflower, radishes, red capsicum (bell pepper), zucchini, spring onions, water crackers.

Salmon Dip

Preparation time:

10 minutes.

Ingredients:

125 g. (4 oz.) red, pink or smoked salmon.

30 g. (1 tablespoon) butter.

2 teaspoons oil.

I tablespoon lemon juice.

1/4 cup cream.

1/2 teaspoon French mustard.

1 mild onion, finely chopped.

salt, pepper.

Method:

1. Place salmon and melted butter in a food processor or blender, blend until combined.
2. Gradually add lemon juice and oil.
3. Add cream and mustard and blend until combined.
4. Season with salt and pepper.
5. Fold in chopped onion.
6. Cover and refrigerate.

Accompaniments:

Toast triangles, rice crackers, fresh crusty bread, water crackers.

Sardine Dip

Preparation time:

5 minutes.

Ingredients:

1 1/2 cups cottage cheese.
100 g. (3 ½ oz.) tin sardines in oil, drained and mashed.
2 teaspoons grated onion.
1/2 cup sour cream.
1/4 cup chopped fresh parsley.
1 tablespoon chopped pimiento.
1 tablespoon French mustard.

Method:

1. Place all ingredients together in a bowl and stir until well mixed.
2. Cover and refrigerate.

Accompaniments:

Crackers, pretzels, potato chips, raw fresh vegetables.

Seafood Dip

Preparation time:

5 minutes.

Ingredients:

400 g. (12 ½ oz.) tinned pink salmon.

1 clove garlic, crushed.

few drops of Tabasco sauce.

1 tablespoon chopped parsley.

juice of ½ a lemon.

1 cup of cream cheese or sour cream.

1 tin of smoked oysters or mussels.

Method:

1. Combine all ingredients except oysters or mussels in a processor or blender and process until well combined.
2. Cut oyster or mussels into thirds and stir into the combined ingredients.
3. Place in a serving bowl cover and refrigerate.

Accompaniments:

Water crackers, rice crackers.

Scallop Dip

Preparation time:

15 minutes.

Ingredients:

1 packet Cream of Mushroom soup.

250 g. (8 oz.) cream cheese.

1 small onion, grated.

2 tablespoons Worcestershire sauce.

½ dozen scallops.

2 teaspoons lemon juice.

Method:

1. Poach scallops in boiling water. This only takes a few seconds. Remove scallops as soon as they change colour.
2. Allow scallops to cool.
3. Blend together soup and the cream cheese.
4. Chop scallops and add to the cheese mixture with the remaining ingredients. Stir well.
5. Cover and refrigerate.

Accompaniments:

Rice crackers, water crackers, cocktail rounds.

Sesame Dip with Spicy Meatballs

Preparation time:

20 minutes.

Ingredients:

Sesame Dip:

2 tablespoons light soy sauce.
2 tablespoons sesame oil.
1 tablespoon dry sherry.
1 spring onion, finely chopped.
1 tablespoon sesame seeds, toasted.
¼ teaspoon ground ginger.

Spicy Meatballs:

1 kg. (2 lb.) lean minced beef.
1 small onion, grated.
2 garlic cloves, crushed.
1 egg beaten.
1 cup fresh breadcrumbs.
2 tablespoons tomato sauce.
2 tablespoons paprika.
2 tablespoons fresh coriander, chopped.
salt and ground black pepper to taste.
0il for frying.

Method:

1. To make the sesame dip whisk all the ingredients together and set aside.
2. Combine all the ingredients for meatballs in a bowl.
3. Using hands roll the mixture into small ball about the size of a walnut.
4. Heat oil in frying pan.
5. Cook meatballs in batches on medium heat until they are browned.

Accompaniments:

Serve sesame dip with warm meatballs and crudities eg. carrot sticks, and celery.

Smoked Eel Dip

Preparation time:

15 minutes.

Ingredients:

1 kg. (2 lb.) smoked eel.
125 g. (4 oz.) soft cream cheese.
1 tablespoon lemon juice.
3 tablespoons cream.
salt and ground pepper to taste.

Method:

1. Skin the eel and remove the flesh from the bones.
2. In a processor or blender process the flesh until smooth.
3. Add remaining ingredients and process until smooth.
4. Cover and refrigerate.

Accompaniments:

Hot toast, crackers, crusty bread.

Smoked Oyster Dip

Preparation time:

15 minutes.

Ingredients:

1 level tablespoon butter.

2 rashers bacon, finely chopped.

1/2 teaspoon chopped basil.

125 g. (4 oz.) soft cream cheese.

4 tablespoons light sour cream.

1/2 teaspoon Worcestershire sauce.

1 tablespoon dry sherry.

1/2 teaspoon lemon juice.

100 g. (3 ½ oz.) can smoked oysters.

salt and pepper to taste.

Method:

1. Place bacon, basil and butter in a saucepan and cook until the bacon is just tender.
2. Drain bacon mixture and place in a food processor or blender. Process until fine.
3. Add all ingredients except the smoked oysters. Blend until smooth.
4. Add smoked oysters and blend again.
5. Cover and refrigerate.

Accompaniments:

Melba toast, hot toast, water crackers.

Spicy Bacon and Capsicum Dip

Preparation time:

10 minutes.

Ingredients:

1/2 cup chopped bacon pieces.
1 red capsicum (bell pepper).
1 mild onion chopped.
1 tablespoon cooking oil.
250 g. (8 oz.) cream cheese.

Method:

1. Saute bacon, capsicum, onion in oil until soft.
2. Allow to cool.
3. Place bacon mixture and cream cheese in a food processor and process until smooth.
4. Cover and refrigerate.

Accompaniments:

Corn chips, carrots, celery, cauliflower, broccoli.

Spicy Prawn Dip

Preparation time:

20 minutes.

Ingredients:

1 1/2 cups water.

500 g. (1 lb.) green prawns.

2 teaspoons sambal oelek (chilli paste).

8 cloves of garlic, crushed.

1/2 medium sized red onion.

2 tablespoons fish sauce.

1 tablespoon of lime juice.

Method:

1. Bring water to boil.
2. Add prawns and let water return to boil.
3. Remove prawns and reserve stock.
4. Peel and de-vein prawns.
5. Over high heat, dry fry sambal oelek, garlic and onion until slightly browned.
6. Combine the chilli mixture with the prawns in a food processor and grind into a paste.
7. Stir In fish sauce 1/4 cup of prawn stock and lime juice. Mix well.

Accompaniments:

Rice crackers, radishes, celery, carrot, red cabbage.

Taramasalata

Preparation time:

10 minutes.

Ingredients:

2 slices of white or brown bread, crusts removed.
100 g. (3 ½ oz.) salted tarama, smoked cod's roe or smoked salmon.
2 cloves garlic, crushed.
2 tablespoons lemon juice.
2 tablespoons olive oil.
1/8 teaspoon red food colouring (optional).

Method:

1. Grind bread into soft crumbs.
2. Add all ingredients to a food processor or blender and process.
3. Add a little water to achieve texture of choice.
4. Cover and refrigerate.
5. Garnish with parsley or paprika.

Accompaniments:

Pita bread, crusty bread, salad vegetables.

Thai Chicken Dip

Preparation time:

10 minutes.

Ingredients:

1 tablespoon chicken stock powder.
2 tablespoon powdered coconut milk.
2 teaspoons fish sauce.
2 teaspoons chopped fresh coriander.
2 teaspoons chopped fresh chives.
300 g. (9 ½ oz.) sour cream.
1 tablespoon lime juice.
½ teaspoon sweet chilli sauce.
½ cup cooked chicken, finely chopped.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Potato chips, potato wedges, rice crackers.

Trout Dip

Preparation time:

10 minutes.

Ingredients:

175 g. (5 ½ oz.) smoked trout.

125 g. (4 oz.) cream cheese.

1 ½ teaspoons lemon juice.

Method:

1. Remove skin and bones from trout.
2. Place trout together with lemon juice and cream cheese in a blender and process.
3. Turn into a bowl and cover and refrigerate.

Accompaniments:

Toast triangles or fingers, Multi - grain bread, French bread sticks, water crackers, cocktail rounds.

Tuna and Curry Dip

Preparation time:

5 minutes.

Ingredients:

220 g. (7 oz.) tin tuna in brine, drained.

1/4 small onion, chopped.

1 teaspoon lemon juice.

1/2 cup celery, chopped.

1/4 cup red capsicum (bell pepper), chopped.

1 teaspoon mild curry powder.

3 tablespoons sour cream.

salt to taste.

Method:

1. Place all ingredients in a food processor or blender and process to the desired consistency.
2. Cover and refrigerate.

Accompaniments:

Cucumber, celery, capsicum, carrots, fresh crusty bread, savoury biscuits.

Tuna Dip

Preparation time:

5 minutes.

Ingredients:

185 g. (6 oz.) can tuna in brine, drained.
2 tablespoons mayonnaise.
2 tablespoons lemon juice.
1 small onion, finely chopped.
1 gherkin finely, chopped.
1 tablespoon fresh parsley, chopped.
1 tablespoon tomato paste.
1/2 teaspoon Dijon mustard.
1/4 teaspoon sugar.

Method:

1. Place tuna, mayonnaise and lemon juice in a blender or processor and process until smooth.
2. Place tuna mixture in a bowl and add remaining ingredients. Stir until well combined.
3. Cover and refrigerate.

Accompaniments:

Toast triangles, crusty fresh bread, water crackers, raw vegetables.

Tuna and Onion Dip

Preparation time:

5 minutes.

Ingredients:

185 g. (6 oz.) can tuna in brine.

1 medium onion, finely chopped.

230 g. (7 ½ oz.) tartare sauce.

1 tablespoon lemon juice.

1 tablespoon tomato sauce.

1 tablespoon mustard sauce.

ground black pepper to taste.

Method:

1. Drain tuna and place in a bowl with onion and remaining ingredients. Mix thoroughly.
2. Cover and refrigerate.

Accompaniments:

Cracker biscuits, giardiniera - pickled vegetables.

Warm Salmon Dip

Preparation time:

10 minutes.

Ingredients:

110 g. (3 ½ oz.) can pink or red salmon, drained.
1 tablespoon butter.
1 small onion, finely chopped.
1 clove garlic, crushed.
2 teaspoons plain flour.
2/3 cup milk.
2 tablespoons cheddar cheese, grated.
2 teaspoons lemon juice.
3 teaspoons sour cream.

Method:

1. Place salmon in a food processor or blender and process until smooth.
2. Heat butter in a saucepan and add onion and garlic .
3. Cook on medium heat, stirring occasionally until onion is soft.
4. Add flour cook for one minute stirring constantly.
5. Remove from heat and gradually stir in milk.
6. Return to high heat and stir constantly until the mixture boils and thickens.
7. Stir in salmon, lemon juice and sour cream.
8. Place in a bowl and serve.

Accompaniments:

Cooked prawns and mussels, blanched broccoli, carrots, snow peas, asparagus.

Crackers, fresh crusty bread, crudites, such as carrot sticks and celery.



Healthy vegetarian dips from all over the world.

Asparagus Dip

Preparation time:

10 minutes.

Ingredients:

250 g. (8 oz.) soft cream cheese.
1/2 cup mayonnaise.
1/4 cup light sour cream.
440 g. (14 oz.) can asparagus tips.
2 teaspoons mild curry powder.
1/2 a packet French onion soup mix.
1 tablespoon lemon juice.
1 tablespoon chopped parsley.
1 teaspoon French mustard.
salt and pepper to taste.

Method:

1. Process cream cheese, sour cream and mayonnaise until smooth.
2. Drain asparagus reserving approximately 1/4 cup of liquid.
3. Chop asparagus and add to the cheese mixture, with the reserved liquid and remaining ingredients.
4. Cover and refrigerate.

Accompaniments:

Celery, carrots, crackers.

Aubergine Dip

Preparation time:

20 minutes.

Ingredients:

4 medium sized aubergines.
2 cloves of garlic, crushed.
1/4 cup chopped parsley.
2 tablespoons lemon juice.
1 cup light sour cream.
1 teaspoon sambal oelek (chilli paste).
3 slices of bread.
salt and pepper to taste.

Method:

1. Wash and dry eggplants.
2. Cut through the skin with a knife.
3. Cook under a pre-heated grill until the skin is dry and discoloured.
4. Allow to cool and then remove skins.
5. Blend in a food processor or blender with other ingredients until smooth.
6. Serve hot or cold.

Accompaniments:

Water crackers, fresh crisp bread, olive bread.

Avocado Dip

Preparation time:

10 minutes.

Ingredients:

1 ripe avocado.
1/2 green capsicum (bell pepper), finely chopped.
1 mild onion, finely chopped .
3 tablespoons lemon juice.
175 g. (5 ½ oz.) cream cheese.
milk as required.
salt and pepper to taste.

Method:

1. Halve avocado and remove stone.
2. Scoop out the avocado flesh.
3. Put all ingredients in a blender or food processor and process.
4. Use milk to get the right texture and thickness.
5. Cover with plastic wrap and refrigerate.

Accompaniments: Stir flour mixture.

Corn chips, celery, cucumber, carrot, raw mushrooms, potato crisps, hot pita bread.

Baba Ganoush

Note that Mutabbal contains Tahini whereas Baba Ganoush does not

Preparation time:

1 hour.

Ingredients:

2 large eggplants (aubergines) cut in half.

1/4 cup olive oil.

1 – 2 Lemons depending on size for juice.

Smoked paprika to taste.

tomatoes, pomegranate molasses, and walnuts to mix in

4 cloves garlic finally chopped

Greek Yoghurt by choice to to make just a little more

Salt to taste.

Method:

1. Bake eggplant with a drizzle of oil for approx. 20 minutes.
2. Turn over eggplants skin up, add garlic and bake for a further 20 minutes or until the eggplant is slightly charred. Remove from oven and allow to cool then scrape out the eggplant and toss the skins.
3. Place everything in a food processor or blender adding in oil and tahini and process until smooth.
4. Sprinkle with paprika and refrigerate or serve in a dish. (Hollowed out crisped crust works even better!)

Accompaniments:

Pita bread, sesame crackers, rice crackers, corn chips.

Baked Vegetable Dip

Preparation time:

1 hour.

Ingredients:

1 large tomato.
1 onion.
1 eggplant (aubergine).
5 cloves garlic.
2 red capsicum (bell peppers).
2 tablespoons, Balsamic vinegar.
1 tablespoon, light olive oil.
1 tablespoon sesame seeds.
salt to taste.

Method:

5. Bake eggplant, onion, and capsicums on a greased oven tray for 10 minutes.
6. Add garlic and tomatoes and bake for a further 20 minutes.
7. Remove from oven and allow to cool.
8. Peel all the vegetables.
9. Place in a food processor or blender with oil and vinegar and process until smooth.n
10. Sprinkle with sesame seeds cover and refrigerate.

Accompaniments:

Pita bread, sesame crackers, rice crackers, corn chips.

Bean Dip

Preparation time:

10 minutes.

Ingredients

1 can red kidney beans.
1/2 cup red salsa.
1/2 cup light sour cream.
1 teaspoon sambal oelek (chilli paste).

Method:

1. Place kidney beans in a saucepan and simmer for 2 minutes.
2. Remove saucepan from heat and allow to cool slightly.
3. Whilst still warm add remaining ingredients and stir well.
4. Serve while still warm.

Accompaniments:

Corn chips, crackers, crusty bread.

Beer Dip

Preparation time:

5 minutes.

Ingredients:

300 ml. (9 ½ fl. oz.) sour cream.
1 packet French onion soup.
1 clove garlic, crushed.
1 teaspoon dry mustard.
100 g. (3 ½ oz.) tasty cheddar cheese.
40 ml. (1 ¾ fl. oz. or 2 tablespoons) beer.

Method:

1. Blend all ingredients together in a bowl.
2. Cover and refrigerate.

Accompaniments:

Rice crackers, savoury biscuits, crudities.

Blueberry Dip

Preparation time:

5 minutes.

Ingredients:

100 g. (3 ½ oz.) frozen blueberries, thawed.

1 passionfruit.

2 tablespoons honey.

200 g. (6 ½ oz.) low fat natural yoghurt.

Method:

1. Process blueberries on a blender until smooth.
2. Stir in passionfruit pulp.
3. Sieve mixture to remove seeds.
4. Stir in honey and yoghurt and mix well.
5. Cover and refrigerate.

Accompaniments:

Fruit - pineapple wedges, rockmelon, strawberries, kiwi fruit, red grapes, watermelon, honey dew melon.

Blue Cheese Dip

Preparation time:

5 minutes.

Ingredients:

100 g. (3 ½ oz.) blue vein cheese.
100 (3 ½ oz.) soft cream cheese.
1/2 cup sour cream.
1/2 cup chopped walnuts.

Method:

1. Place all ingredients except walnuts in a food processor or blender.
2. Process until smooth.
3. Place cheese mixture in a bowl and fold in walnuts.
4. Cover and refrigerate.

Accompaniments:

Water crackers, Melba toast.

Blue Cheese and Mustard Dip

Preparation time:

5 minutes.

Ingredients:

2 cups grated cheddar cheese.

2 tablespoons blue vein cheese.

¼ cup mayonnaise.

2 tablespoons prepared mustard.

2 teaspoons prepared horseradish.

3 tablespoons milk or the amount required to get the desired consistency.

Method:

1. Blend all ingredients together and place in a dip dish.
2. Cover and refrigerate.

Accompaniments:

Potato chips, corn chips, pretzels, bread sticks, or crackers. Use to stuff celery sticks.

Broccoli Dip

Preparation time:

5 minutes.

Ingredients:

1 ½ cups cooked broccoli stems, tough outer layers peeled off.

1 ½ tablespoons lemon juice.

¼ teaspoon ground cumin.

1/8 teaspoon onion or garlic powder.

½ tomato, diced.

½ a small onion, finely chopped.

3 teaspoons sweet chilli sauce.

Method:

1. Process broccoli, lemon juice, cumin and garlic powder in a food processor until smooth.
2. Place broccoli mixture in a bowl and stir in the remaining ingredients by hand.
3. Cover and refrigerate.

Accompaniments:

Corn chips, crackers, vegetable sticks.

Capsicum Dip

Preparation Time.

20 minutes.

Ingredients:

1/4 cup olive or vegetable oil.
1 onion finely chopped.
6 cloves garlic, crushed.
1/2 green capsicum (bell pepper), finely chopped.
1 red capsicum (bell pepper), finely chopped.
1 fresh chilli, seeded and finely chopped.
3 cups of chopped tomato.
1 teaspoon dried thyme or 2 teaspoons fresh.
1 teaspoon dried marjoram or 2 teaspoons fresh.
2 bay leaves.
1/2 teaspoon paprika.
1 teaspoon garlic powder.
1 teaspoon onion powder.
1/4 teaspoon cayenne pepper.
2 tablespoons red wine.
1 tablespoon Worcestershire sauce.
1/4 teaspoon Tabasco sauce.
Salt and ground black pepper to taste.

Method:

1. Heat oil in a pan and saute onion, garlic and capsicum.
2. Stir until soft.
3. Stir in remaining ingredients.
4. Cook over a medium heat until fluid is reduced and the dip thickens.
5. Cover and refrigerate.

Accompaniments:

Rice Crackers, crusty bread, chicken drumsticks.

Cashew Dip

Preparation time:

5 minutes.

Ingredients:

400 g. (12 ½ oz.) tin cooked chickpeas.
1 tablespoon lemon juice.
3 tablespoons apple or pear juice.
2 cloves garlic, crushed.
1/2 cup cashews.
2 tablespoons oil.
salt to taste.

Method:

1. Place cashews in a food processor and process into a smooth paste.
2. Drain chickpeas and reserve liquid.
3. Add chickpeas with lemon and apple juice, garlic, oil and salt to the cashew mixture and process until smooth.
4. Add more garlic if desired.
5. If too thick add some of the chickpea liquid.
6. Cover and refrigerate.

Accompaniments:

Celery, carrots, pita bread, focaccia (Italian flat bread).

Celery and Horseradish Dip

Preparation time:

5 minutes.

Ingredients:

1 stick celery, finely chopped.

250. g. (8 oz.) cream cheese.

1 teaspoon sugar.

1/4 cup butter.

1/2 cup thick cream.

1/3 cup prepared horseradish cream.

Method:

1. Place all ingredients except celery in a blender or food processor and blend until smooth.
2. Place cream mixture in a bowl and fold in celery.
3. Cover and refrigerate.

Accompaniments:

Celery and carrot sticks, savoury biscuits.

Cheddar Cheese Dip

Preparation time:

5 minutes.

Ingredients:

125 g. (4 oz.) butter or margarine.
2 teaspoons Dijon mustard.
1/2 cup light mayonnaise.
125 g. (4 oz.) tasty cheddar cheese, grated.
1 tablespoon lemon juice.
1 teaspoon mild paprika.
salt and ground black pepper to taste.

Method:

1. Place all ingredients in a food processor or blender and process.
2. Cover and refrigerate.

Accompaniments:

Salami slices, hard boiled eggs, olives, lettuce leaves, carrot, celery, zucchini, cucumber, tomato wedges.

Cheese and Chive Dip

Preparation time:

5 minutes.

Ingredients:

500 g. (1 lb.) cottage cheese.
1/2 cup corn and chilli relish.
6 radishes, chopped.
2 tablespoons chopped chives.
1/4 cup light sour cream.

Method:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate.

Accompaniments:

Cherry tomatoes, raw vegetable sticks.

Cheese and Peppercorn Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8.oz) cream cheese.

5 tablespoons finely grated parmesan cheese.

5 tablespoons milk.

4 tablespoons whole peppercorns (green, black or white or a combination)

Method:

1. Soften the cream cheese in a bowl and stir in parmesan.
2. Gradually add milk until the dip is smooth.
3. Lightly crush peppercorns with a mortar and pestle or place in a plastic bag and roll over with a rolling pin.
4. Stir the peppercorns into the cream cheese.
5. Cover and refrigerate.

Accompaniments:

Cucumber, carrot,. Breadsticks, rice crackers.

Chick Pea Dip

Preparation time:

5 minutes.

Ingredients:

310 g. (10 oz.) can chick peas, drained.
1 packet French Onion soup.
200 g. (6 ½ oz.) natural yoghurt.
2 teaspoons mixed herbs.

Method:

1. Puree chick peas in a food processor.
2. Add remaining ingredients and blend well.
3. Cover and refrigerate.

Accompaniments:

Pita bread, crusty bread, water crackers.

Chunky Vegetable Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) cottage cheese.
1/2 stick of celery, chopped.
1 small carrot, finely chopped.
1/2 small red pepper (bell pepper), chopped.
1 spring onion, finely chopped.
1 small tomato, chopped.
1/2 a small green cucumber, peeled and chopped.
1 tablespoon fresh parsley, chopped.

Method:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate.

Accompaniments:

Fresh vegetables, eg. carrots, radishes, snow peas, celery, capsicum.
Savoury biscuits.

Coconut Dip

Preparation Time:

5 minutes.

Ingredients:

1 cup plain yoghurt.
1/4 cup powdered coconut milk.
1 teaspoon lime juice.
1 teaspoon chilli sauce.
2 teaspoons chopped coriander.

Method:

1. Combine all ingredients in a bowl.
2. Mix well.
3. Cover and refrigerate.

Accompaniments:

Celery, carrot, melon, cooked prawns, grilled scallops, sate sticks.

Corn Dip

Preparation Time:

10 Minutes.

Ingredients:

200 g. (6 ½ oz.) sour cream.
125 g. (4 oz.) soft cream cheese.
1 teaspoon cumin powder.
1 spring onion chopped.
I clove garlic, crushed.
1 teaspoon sambal oelek (chilli paste).
2 teaspoons sugar.
220g. (7 oz.) creamed corn.
1 teaspoon lime juice.
2 teaspoons chopped coriander.

Method:

1. Combine all ingredients.
2. Stir well.
3. Cover and refrigerate.

Accompaniments:

Corn chips, water crackers, raw vegetables.

Corn and Walnut Dip

Preparation time:

5 minutes.

Ingredients:

500 g. (1 lb.) soft cream cheese.
¼ cup vegetable oil.
¼ cup lime juice.
1 tablespoon sweet chilli sauce.
1 tablespoon ground cumin.
½ teaspoon salt.
pepper to taste.
1 tin of whole corn kernels, drained.
1 cup chopped walnuts.
1 small onion, finely chopped.

Method:

1. Process all ingredients except corn, onion and walnuts in a blender until smooth.
2. Stir in corn walnuts and onion.
3. Cover and refrigerate.

Accompaniments:

Corn chips, rice crackers, water biscuits.

Corn Relish Dip

Preparation time:

5 minutes.

Ingredients:

220 g. (7 oz.) reduced cream.
250 g. (7 ½ oz.) corn relish.
1 packet French onion soup.
1 tablespoon chopped parsley.
2 teaspoons lemon juice.

Method:

1. Place all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Water crackers, crudities.

Cottage Cheese and Horseradish Dip

Preparation time:

5 minutes.

Ingredients:

1 cup cottage cheese.

2 tablespoons prepared horseradish.

2 tablespoons chives, chopped.

1/2 teaspoon mild paprika.

Method:

1. Place all ingredients in a food processor or blender and process until smooth.
2. Cover and refrigerate.

Accompaniments:

Celery, carrots, cucumber, radishes.

Creamy Avocado Dip

Preparation time:

5 minutes.

Ingredients:

2 ripe avocadoes, mashed.
2 cloves of garlic, crushed.
1 tablespoon lemon juice.
1/2 cup sour cream.
2 tablespoons mayonnaise.
1/2 red capsicum (bell pepper), finely chopped.
2 spring onions chopped.
1 teaspoon horseradish cream.
1/2 teaspoon sambal oelek (chilli paste).

Method:

1. Place avocado, garlic, lemon juice, sour cream and mayonnaise in a processor or blender.
2. Process until smooth.
3. Place avocado mixture in a bowl and stir in the remaining ingredients.
4. Cover and refrigerate.

Accompaniments:

Corn chips, potato chips, raw vegetables.

Creamy Carrot Dip

Preparation time:

5 minutes.

Ingredients:

2 carrots, peeled and chopped.

125 g. (4 oz.) soft cream cheese.

1/4 cup walnuts, chopped.

2 tablespoons fresh parsley, chopped.

2 teaspoons vegetable stock powder.

water or carrot juice as needed.

Method:

1. Add all ingredients except the water or juice to a food processor or blender and process.
2. Add water or juice to the mixture to make the right consistency.
3. Cover and refrigerate.

Accompaniments:

Raw vegetables, eg. carrots, celery, zucchini, cauliflower, broccoli, savoury biscuits.

Creamy Cucumber Dip

Preparation time:

5 minutes.

Ingredients:

1 cup cucumber, peeled, seeded and finely chopped.
1 1/2 teaspoons sugar.
1/2 teaspoon salt.
1 teaspoon cider vinegar.
1/2 cup light sour cream.
2 tablespoons pimiento, finely chopped.
1 tablespoon chives, chopped.

Method:

1. Place all ingredients into a bowl and stir well.
2. Cover and refrigerate.

Accompaniments:

Water crackers, Melba toast.

Creamy Mushroom Dip

Preparation time:

5 minutes.

Ingredients:

1 cup mushrooms.
1/4 cup cashew nuts.
1/2 mild onion, finely chopped.
1/4 cup water.
1 teaspoon French Mustard.
1 tablespoon fresh parsley, chopped.
ground black pepper to taste.

Method:

1. Grind nuts in a food processor first.
2. Add remaining ingredients and process.
3. Cover and refrigerate.

Accompaniments:

Raw vegetables, savoury biscuits.

Creamy Salsa Dip

Preparation time:

5 minutes.

Ingredients:

½ packet French Onion soup.
300 g. (9 ½ oz.) sour cream.
½ cup tomato salsa or tomato chutney.

Method:

1. Place all ingredients in a bowl and mix thoroughly.
2. Cover and refrigerate.

Accompaniments:

Corn chips, savoury biscuits.

Crunchy Peanut Dip

Preparation:

5 minutes.

Ingredients:

200 g. (6 ½ oz.) sour cream.

1/2 cup of peanut butter.

1 teaspoon sambal oelek (chilli paste).

1 small mild onion chopped.

1 teaspoon chopped coriander.

Method:

1. Mix all ingredients together in a bowl.
2. Cover and refrigerate.

Accompaniments:

Celery, carrots, cauliflower, broccoli, rice crackers, corn chips, satay meat.

Cucumber and Walnut Dip

Preparation time:

5 minutes.

Ingredients:

125 g. (4 oz.) soft cream cheese.
½ cup thickened cream.
½ medium cucumber, peeled and finely chopped.
¼ cup chopped walnut pieces.
½ teaspoon salt.
pepper to taste.
a few drops of chilli sauce.

Method:

1. Beat cream cheese until smooth.
2. Stir in remaining ingredients.
3. Cover and refrigerate.

Accompaniments:

Cucumber sticks or slices, red or green capsicum (bell pepper), celery sticks, or savoury biscuits.

Curried Apple Onion Dip

Preparation time:

5 minutes.

Ingredients:

1 ½ cups apple sauce.
1 packet French onion soup mix.
¼ cup sour cream or plain yoghurt.
½ tablespoon mild curry powder.

Method:

1. Combine all ingredients in a bowl and mix thoroughly.
2. Cover and refrigerate for at least one hour before serving.

Accompaniments:

Water biscuits, vegetable sticks.

Curried Avocado Dip

Preparation time:

5 minutes.

Ingredients:

2 medium avocadoes.
1 cup orange juice.
1 teaspoon orange juice.
2 teaspoons vegetable stock powder.
1 tablespoon chopped fresh parsley.
1 clove garlic, crushed.

Method:

1. Remove stones from avocadoes and scoop out the flesh.
2. Place all ingredients in a food processor or blender and process until smooth.
3. Add orange juice if the mixture is too thick.
4. Refrigerate but best eaten soon after making.

Accompaniments:

Corn chips, potato chips, raw vegetables.

Curried Egg Dip

Preparation time:

20 minutes.

Ingredients:

250 g. (8 oz.) soft cream cheese.
1/2 cup light mayonnaise.
1/2 cup light sour cream.
3/4 cup bacon, chopped.
1 small onion, finely chopped.
2 tablespoons butter.
1 teaspoon butter.
1/2 teaspoon dry mustard.
1/2 teaspoon mild paprika.
1 teaspoon curry powder.
3 hard boiled eggs.
1 tablespoon chopped parsley.
salt and pepper to taste.

Method:

1. Place cream cheese, mayonnaise, and sour cream in a processor and blend until smooth.
2. Heat butter in a pan and add bacon and onion. Saute until onion is soft and bacon is slightly crisp. Allow to cool.
3. Add bacon mixture together with the remaining ingredients to the cream cheese mixture and process once again.
4. Cover and refrigerate.

Accompaniments:

Crisp vegetable sticks, rye bread, crisp bread.

Curry Dip

Preparation time:

30 minutes.

Ingredients:

2 tablespoons butter.
1 medium onion, chopped.
2 cloves garlic, crushed.
1 level tablespoon curry powder.
1 1/2 cups tomato sauce.
1 teaspoon white vinegar.
2 bay leaves.
8 cardamom leaves.
12 cloves.

Method:

1. Melt butter and add garlic and onion and saute until golden brown.
2. Stir in curry powder, tomato sauce and vinegar.
3. Tie bay leaves, cardamom seeds and cloves in a piece of muslin and add to the curry mixture.
4. Cook over a low heat for 15 minutes, until thick.
5. Remove bag of spices.
6. Serve warm or cold.

Accompaniments:

Crusty bread, toast, savoury biscuits.

Curry Herb Dip

Preparation time:

5 minutes.

Ingredients:

1 cup mayonnaise.
1 tablespoon parsley, chopped.
½ cup sour cream.
1 tablespoon onion, finely chopped.
1 teaspoon dried mixed herbs.
1 ½ teaspoons lemon juice.
¼ teaspoon salt.
½ teaspoon Worchestershire sauce.
1/8 teaspoon curry powder.
2 teaspoons capers, drained and chopped.

Method:

1. Mix all ingredients together thoroughly.
2. Cover and chill.

Accompaniments:

Raw vegetable sticks, pappadams, rice crackers.

Date Dip

Preparation time:

1 hour and 5 minutes.

Ingredients:

1/2 cup dates, chopped.
1/4 cup orange juice.
250 g. (8 oz.) soft cream cheese.
3 tablespoons sour cream.
2 tablespoons icing sugar.
1 1/2 teaspoons mixed spice.
1/2 cup chopped walnuts.

Method:

1. Combine dates and juice in a bowl. Cover and stand for one hour.
2. Place remaining ingredients except walnuts into a food processor or blender and process until smooth.
3. Stir drained date mixture and walnuts into the cream mixture.
4. Cover and refrigerate.

Accompaniments:

Bagels, water crackers.

Dried Fruit and Cheese Dip

Preparation time:

24 hours.

Ingredients:

1/2 cup finely chopped dried apricots.
1/2 cup finely chopped sultanas.
2 tablespoons finely chopped glace ginger.
1/2 cup brandy.
250 g. (8 oz.) ricotta cheese.
125 g. (4 oz.) light cream cheese.
1/2 teaspoon ground nutmeg.
2 teaspoons poppy seeds.

Method:

1. Soak fruit and ginger in brandy overnight.
2. Place cheeses and nutmeg in a blender and process.
3. Drain fruit and fold into the cheese mixture.
4. Cover and refrigerate and sprinkle with poppy seeds when serving.

Accompaniments:

Water crackers, toast triangles.

Edam Cheese and Walnut Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) Edam cheese, grated finely.
1 apple cored and chopped.
¼ cup walnuts, chopped.
½ cup sour cream.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Carrot and celery sticks, cucumber slices, rye bread.

Eggplant (Aubergine) Dip

Preparation time:

2 hours.

Ingredients:

2 eggplants.
salt and freshly ground black pepper to taste.
3 tablespoons light olive oil.
2 cloves garlic, crushed.
¼ teaspoon ground cumin.
2 tablespoons wine vinegar.
1 tablespoon lemon juice.
½ cup parsley, chopped.
1 tomato peeled, seeded and diced.

Method:

1. Wash eggplants and cut in half lengthwise.
2. Score the cut surfaces several times.
3. Rub generously with salt.
4. Place on a tilted plate and leave for one hour so that the juices can drain away.
5. Rinse the eggplants in water.
6. Wipe dry and arrange on a baking tray with the cut sides up.
7. Season with salt and pepper and drip one tablespoon of olive oil over them.
8. Bake in a moderate oven for about 50 minutes until soft.
9. Remove from oven and cool slightly.
10. Scoop the flesh out from the skin.
11. Puree in a blender.
12. Add garlic and olive oil gradually so that a thick puree is formed.
13. Stir in remaining ingredients except the tomato.
14. Cover and refrigerate.
15. Stir in tomato just before serving.

Accompaniments:

Pita bread, fresh crusty bread, focaccia (Italian flat bread), olive bread, crisp biscuits.

Garlic Curry Dip

Preparation time:

5 minutes. (Needs to be refrigerated for 24 hours).

Ingredients:

2 cups mayonnaise.
1 1/2 tablespoons sweet chilli sauce.
3 teaspoons curry powder.
2 cloves, garlic, crushed.
1 spring onion finely chopped.
3 teaspoons Worcestershire sauce.
salt and pepper to taste.

Method:

1. Combine all ingredients in a large bowl and mix well.
2. Cover and refrigerate for at least 24 hours.
3. Will keep for 2 to 3 weeks if refrigerated.

Accompaniments:

Lightly blanched vegetables, e.g. carrots, peppers, snow peas, asparagus, cauliflower, broccoli. Also cucumber cherry tomatoes, artichoke hearts, celery, radishes and mushrooms.

Gado Gado

Preparation time:

10 minutes.

Ingredients:

1 onion, finely chopped.

1 tablespoon oil.

2 cloves garlic, crushed.

1/2 teaspoon sambal oelek (chilli paste).

1/3 cup crunchy peanut butter.

1/2 cup coconut milk.

2 teaspoons lemon juice.

2 tablespoons mango chutney.

Method:

1. Heat oil in a saucepan and add onion, garlic and sambal oelek. Stir until onions are soft.
2. Add remaining ingredients and stir until combined and heated through.
3. Serve warm or cold.

Accompaniments:

Hard boiled eggs, rice crackers, cooked baby potato halves, blanched beans, broccoli and carrots, radishes celery and cucumber slices.

Guacamole

Preparation time:

5 minutes.

Ingredients:

2 ripe avocadoes.
1 onion finely chopped.
1 teaspoon sambal oelek (chilli paste).
1 clove garlic, crushed.
3 tablespoons lemon juice.
salt and freshly ground pepper to taste.

Method:

1. Peel and seed avocadoes.
2. Mash avocadoes with a fork.
3. Mix in remaining ingredients.
4. Cover and refrigerate.

Accompaniments:

Tortilla chips, corn chips, celery, carrots, radishes, broccoli, cauliflower.

Herb Dip

Preparation Time:

5 minutes.

Ingredients:

2 tablespoons chopped parsley.

2 tablespoons chopped basil.

1/2 cup thick mayonnaise.

1/3 cup sour cream.

2 teaspoons Dijon mustard.

ground pepper.

Method:

1. Place all ingredients in a food processor or blender and process until combined.
2. Cover and refrigerate.

Accompaniments:

Fresh crusty bread, steamed or micro-waved vegetables that are still crisp, eg. broccoli carrot, cauliflower or freshly cooked baby new potatoes.

Hoisin Dip

Preparation time:

5 minutes.

Ingredients:

½ cup hoisin sauce.

½ cup tomato sauce.

1 tablespoon vinegar.

1 tablespoon soy sauce.

Method:

1. Combine all ingredients in a bowl.
2. Cover and refrigerate.

Accompaniments:

Blanched vegetables, e.g. carrot sticks, cauliflower, broccoli, snow peas, zucchini sticks.

Hot Artichoke Dip

Preparation time:

10 minutes.

Ingredients:

1 can artichoke hearts, drained.
1 cup sour cream.
1 cup mayonnaise.
½ cup grated parmesan cheese.

Method:

1. Preheat oven to 200. C.
2. Mix together all ingredients.
3. Place into a small baking dish and bake until hot and bubbly.
4. Serve hot.

Accompaniments:

Serve with hot or cold crusty bread.

Indian Dip

Preparation time:

5 minutes.

Ingredients:

125 g. (4 oz.) soft cream cheese.
½ cup sour cream.
2 tablespoons of sherry or lemon juice.
½ teaspoon curry powder.
¼ cup chutney.
1 tablespoon chopped chives.
salt to taste.

Method:

1. Combine all ingredients except chives and blend well.
2. Place in a dip dish and sprinkle with chives.
3. Cover and refrigerate.

Accompaniments:

Crackers, seafood or fruit.

Lime Curry Dip

Preparation time:

5 minutes.

Ingredients:

3 teaspoons curry powder.

3 tablespoons lime juice.

Dash of cayenne pepper.

1/2 teaspoon ground ginger.

1 cup plain yoghurt.

salt and pepper.

Method:

1. Combine curry powder, lime juice, cayenne pepper and ginger in a bowl and mix well.
2. Slowly stir the yoghurt into the mixture.
3. Season with salt and pepper to taste.
4. Cover and refrigerate.

Accompaniments:

Fried chicken, smoked chicken, rice crackers, Pappadums.

Macadamia Nut Dip

Preparation time:

5 minutes.

Ingredients:

12 Macadamia nuts.

4 spring onions.

2 tablespoons mixed pickles.

6 stuffed olives (optional).

1 cup natural yoghurt.

½ cup sour cream.

salt and freshly ground black pepper to taste.

1 tablespoon chives, chopped.

Method:

1. Place nuts, onions, pickles and olives into a processor or blender and process for about 5 seconds.
2. Add the yoghurt, sour cream and salt and pepper. Process for a further 5 seconds.
3. Place in a bowl and refrigerate. Preferably overnight to allow flavours to blend.
4. Sprinkle with chopped chives when serving.

Accompaniments:

Water crackers, savoury biscuits, crudities eg. carrot and celery sticks, cucumber rounds.

Mexican-style Tomato Dip

Preparation time:

25 minutes.

Ingredients:

1 teaspoon oil.
1 small brown onion, chopped.
1 teaspoon cumin powder.
1/2 teaspoon coriander powder.
1 carrot, diced.
1 stick celery, diced.
440 g. (14 oz.) tin tomatoes, diced.
ground black pepper.
Salt to taste.
1/2 teaspoon chilli paste.
1 tablespoon sugar.

Method:

1. Heat oil in saucepan.
2. Add onion and stir before adding cumin and coriander.
3. Stir well and add carrot, celery and tomato.
4. Add sugar and season with salt and pepper.
5. Cook for 20 minutes to allow liquid to reduce.
6. Allow to cool and then process in a blender or food processor.
7. Cover and refrigerate.

Accompaniments:

Corn chips, raw vegetables eg. carrot, celery.

Mushroom Dip

Preparation time:

30 minutes.

Ingredients:

1 tablespoon butter.

2 cloves garlic, crushed.

1 medium onion, finely chopped.

500 g. (1 lb.) mushrooms, chopped.

1 tablespoon fresh dill, chopped.

125 g. soft cream cheese.

Method:

1. Heat butter in a pan and add garlic and onion. Cook until the onion is soft.
2. Add mushrooms and dill. Cook until the mushrooms are tender. Stir occasionally.
3. Allow mushroom mixture to cool.
4. Place mushrooms in a food processor or blender with the cream cheese and process until smooth.
5. Cover and refrigerate.

Accompaniments:

Slices of toast, water crackers, crusty fresh bread.

Mushroom and Chicken Liver Dip

Preparation time:

35 minutes.

Ingredients:

4 tablespoons of olive oil.

1 onion chopped.

1 clove of garlic, crushed.

200 g. (7 oz.) mushrooms, chopped.

250 g. (8. oz) chicken livers.

1 tablespoon brandy (optional).

Salt and freshly ground pepper to taste.

2 tablespoons fresh, chopped parsley.

Method:

1. Heat olive oil in saucepan. Add onion and garlic and saute until tender not brown.
2. Add mushrooms and cook for about 5minutes on moderate heat.
3. Add chicken livers to the pan. Simmer for about 5 minutes, stirring occasionally, until the livers are cooked. Test by cutting a piece. They should be grey in colour all the way through.
4. Transfer the mixture to a bowl and allow to cool for 10 minutes.
5. Place the mixture into a blender or food processor together with the brandy, salt and pepper. Process until smooth.
6. Place in a serving bowl. Cover and refrigerate.
7. Sprinkle with chopped parsley before serving.

Accompaniments:

Melba toast, water crackers, rye bread.

Mustard Pickle Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) cottage cheese.
2 tablespoons mustard pickle.
1/4 cup finely grated carrot.
1/4 cup finely chopped celery.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Com chips, water crackers, rice crackers.

Mutabbal

Note that Mutabbal contains Tahini whereas Baba Ganoush does not

Preparation time:

1 hour.

Ingredients:

2 large eggplants (aubergines) cut in half.

1/4 cup olive oil.

1 – 2 Lemons depending on size for juice.

Smoked paprika to taste.

2 tablespoons Tahini

4 cloves garlic finally chopped

Greek Yoghurt by choice to to make just a little more

Salt & pepper to taste.

Method:

11. Bake eggplant wth a drizzle of oil for approx. 20 minutes.
12. Turn over eggplants skin up, add garlic and bake for a further 20 minutes or until the eggplant is slightly charred. Remove from oven and allow to cool. Scrape out the eggplant and discard the skins
13. Place everything in a food processor or blender adding in oil and tahini and process until smooth.
14. Sprinkle with paprika and refrigerate or serve in a dish. (Hollowed out crisped crust works even better!)

Accompaniments:

Pita bread, sesame crackers, rice crackers, corn chips.

Olive Yoghurt Dip

Preparation time:

5 minutes.

Ingredients:

1 cup plain yoghurt.
1/2 cup mayonnaise.
1/4 cup chopped green olives.
1 clove garlic, crushed.

Method:

1. Mix all ingredients together in a bowl.
2. Cover and refrigerate.

Accompaniments:

Fresh crusty bread, crudities.

Peanut Dip

Preparation time:

5 minutes.

Ingredients:

1 cup coconut milk.

1 teaspoon fish sauce.

1 clove garlic, crushed.

1 1/2 cups smooth peanut butter.

2 teaspoons red curry paste.

Method:

1. Combine all ingredients in a bowl and stir until blended smoothly.
2. Cover and refrigerate.

Accompaniments:

Spring rolls, sate sticks, rice crackers, raw vegetables eg. carrots, capsicum, broccoli, celery.

Pecan and Capsicum Dip

Preparation time:

10 minutes.

Ingredients:

2 tomatoes, seeded and chopped.
1 spring onion finely chopped.
1 clove garlic, crushed.
¼ cup olive.
200 g. (6 ½ oz.) roasted red capsicum (bell pepper), drained.
½ cup toasted pecans.
1/3 cup fresh basil leaves, chopped.
1 slice white bread, chopped.
2 tablespoons fresh lemon juice.

Method:

1. Combine tomatoes, onion, garlic and half the oil in a bowl.
2. In a processor or blender process the remaining ingredients until the nuts are finely chopped.
3. Stir the nut mixture into the tomato mixture until well blended.
4. Season with salt and pepper.

Accompaniments:

Fresh bread sticks, savoury biscuits, pita bread.

Pesto Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) soft cream cheese.
1/2 cup pesto sauce.
1/4 cup parmesan cheese, finely grated.
2 tablespoons, light sour cream.
salt and ground pepper to taste.

Method:

1. Place all ingredients in a food processor and blend well.
2. Cover and refrigerate.

Accompaniments:

Raw vegetables, Italian bread.

Pineapple Cheese Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) soft cream cheese.
3 tablespoons crushed pineapple.
1 tablespoon chives, chopped.
salt to taste.

Method:

1. Blend all ingredients together.
2. Cover and refrigerate for a couple of hours.
3. If too thick add pineapple juice or milk.

Accompaniments:

Water crackers, crisp vegetables.

Potato Dip

Preparation time:

5 minutes.

Ingredients:

2 cups mashed potato.

3-4 teaspoons crushed garlic.

½ cup lemon juice.

2 cups mayonnaise.

Method:

1. Mix garlic into the potatoes thoroughly, add the lemon juice and then the mayonnaise.
2. Cover and refrigerate.

Accompaniments:

Pita bread, Crusty fresh bread, vegetable sticks.

Quick Hummus

Preparation time:

5 minutes.

Ingredients:

400 g. (12 ½ oz.) can cooked chickpeas.

3 tablespoons tahini paste (sesame paste).

2 cloves garlic.

1 tablespoon lemon juice.

2 tablespoons olive oil.

salt to taste.

Method:

1. Strain the contents of the can and reserve.
2. Place all ingredients in a food processor or blender.
3. Process using as much liquid from the can as needed to obtain the right texture.
4. Cover and refrigerate.

Accompaniments:

Hot bread, savoury biscuits, pita bread.

Raisin and Avocado Dip

Preparation time:

5 minutes.

Ingredients:

2 avocadoes, peeled and pitted.

½ cup raisins.

½ cup vegetable oil.

¼ cup lime juice.

1 teaspoon sugar.

salt and ground pepper to taste.

Method:

1. Place all ingredients in a blender or food processor and process until smooth.
2. Cover and refrigerate.

Accompaniments:

Corn chips, savoury biscuits, raw vegetables.

Red Lentil Dip

Preparation time:

30 minutes.

Ingredients:

¾ cup red lentils.

2 cups water.

1medium onion, finely chopped.

2 cloves garlic, crushed.

1 medium potato.

2 tablespoons light olive oil.

½ teaspoon ground cumin.

1 teaspoon ground coriander.

juice of one lemon.

¼ teaspoon paprika.

Method:

1. Place lentils, water, onion and garlic in a saucepan and simmer gently, uncovered for about 20 minutes, or until the lentils are soft.
2. Cook potato until soft.
3. Process lentil mixture and potato in a processor or blender until smooth.
4. Add remaining ingredients and process again.
5. Serve warm or cold sprinkled with paprika.

Accompaniments:

Pita bread, water crackers, crisp bread.

Ricotta and Walnut Dip

Preparation Time:

5 minutes

Ingredients:

250 g. (9 oz.) Ricotta cheese.
5 tablespoons of thickened cream.
125 g. (4 oz.) chopped walnuts.
4 tablespoons of chopped fresh parsley.
Freshly ground black pepper to taste.

Method:

1. Combine Ricotta and cream in a bowl until smooth.
2. Reserve a few walnuts for a garnish and stir in the remainder.
3. Add parsley and black pepper.
4. Cover and refrigerate.
5. Garnish with remaining walnuts before serving.

Accompaniments:

Celery sticks, crusty bread, bagels, water crackers.

Savoury Dip

Preparation time:

5 minutes.

Ingredients:

250 g. (8 oz.) cottage cheese.
1 teaspoon paprika.
1/2 teaspoon caraway seeds.
1 tablespoon chopped gherkin.
1 teaspoon horseradish cream.
1 spring onion, finely chopped.
salt to taste.

Method:

1. Place all ingredients in a food processor or blender and process until smooth.
2. Cover and refrigerate.

Accompaniments:

Raw vegetables, savoury crackers.

Seven Layer Mexican Dip

Preparation time:

15 minutes.

Ingredients:

450 g. (14 ½ oz.) can re-fried beans.

2 avocadoes, peeled, pitted and crushed.

2 tablespoons lemon juice.

pinch of garlic or onion salt.

250 g. (8 oz.) sour cream.

1 packet taco seasoning mix.

1 bunch of spring onions or 3 crisp lettuce leaves finely chopped.

300 g. (9 ½ oz.) salsa.

1 small can or jar of sliced black olives , drained, patted dry and chopped.

200 g. (6 ½ oz.) grated cheddar cheese.

Method:

1. Spread re-fried beans evenly in the bottom of a large dip bowl.
2. Mix avocado, lemon juice and garlic salt together and spread over the bean mixture.
3. Mix taco seasoning into the sour cream thoroughly and spread the mixture over the avocado layer.
4. Sprinkle the spring onions or lettuce over the sour cream.
5. Use the salsa to make the next layer.
6. Place olives on top of the salsa.
7. Finally cover with cheddar cheese.
8. Cover and refrigerate.

Accompaniments:

Corn Chips, Vegetable sticks, savoury crackers,

Silver beet Dip

Preparation time:

10 minutes.

Ingredients:

Bunch of silver beet, stalks removed and cooked.

500 g. (1 lb.) natural yoghurt.

3 cloves garlic, crushed.

salt and ground pepper to taste.

Method:

1. Place all ingredients in a food processor and process until desired consistency is required.
2. Refrigerate.

Accompaniments:

Corn chips, potato chips, crusty bread, raw vegetables.

Sour Cream Dip

Preparation time:

5 minutes.

Ingredients:

2 cups thick sour cream.
2 cloves garlic crushed with a sprinkling of salt.
2 tablespoon chopped, fresh parsley.
2 tablespoons chopped chives.
1 teaspoon chopped oregano.
2 teaspoons chopped capers.
5 drops Tabasco sauce.
paprika and fresh parsley to garnish.

Method:

1. Combine all ingredients except those for the garnish and mix well.
2. Refrigerate, covered.

Accompaniments:

Vegetable sticks, lightly cooked green beans, snow peas, potato chips, toasted bagel crisps.

Spicy Carrot Dip

Preparation time:

20 minutes.

Ingredients:

4 large carrots, chopped.

1 ½ cups water.

2 teaspoons vegetable stock powder.

¼ cup, light olive oil.

1 clove garlic, crushed.

1 tablespoon white vinegar.

¼ teaspoon ground oregano.

¼ teaspoon paprika.

¼ teaspoon ground cumin.

Method:

1. Combine carrots, water and stock in a saucepan. Bring to boil and simmer until carrots are tender.
2. Drain carrots and discard stock.
3. Place carrots and remaining ingredients in a blender and process until smooth.
4. Place dip in a bowl cover and refrigerate.

Accompaniments:

Focaccia (Italian flat bread) ,crusty bread, olives, capsicum, rice crackers.

Spinach Dip

Preparation Time:

25 minutes.

Ingredients:

250 g. (8 oz.) frozen spinach.

1/4 cup water.

3 teaspoons vegetable stock powder.

1 teaspoon ground nutmeg.

1 teaspoon cornflour.

1 teaspoon water, extra.

30 g. (1 oz. or 1 tablespoon) butter.

1 onion, chopped.

2 cloves garlic, crushed.

1/4 cup cream.

Method:

1. Combine spinach, water, stock powder, and nutmeg in a saucepan.
2. Bring to boil and simmer uncovered until the liquid has evaporated and the spinach is almost dry.
3. Blend cornflour with extra water and add to the mixture.
4. Stir until the mixture boils.
5. Remove from heat and allow to cool.
6. Melt butter in a pan and add onion and garlic.
7. Cook until soft and then allow to cool.
8. Blend spinach mixture with the onion mixture and the cream until smooth.
9. Cover and refrigerate.

Accompaniments:

Water crackers, rice crackers, slices of toast, raw vegetables.

Spinach and Water Chestnut Dip

Preparation time:

10 minutes.

Ingredients:

250 g. (8 oz.) soft cream cheese.
150 ml (4 ¾ fl. oz.) sour cream.
½ cup thawed frozen spinach.
230 g. (7 ½ oz.) can water chestnuts, drained and chopped finely.
1 packet Spring Vegetable soup.

Method:

1. Combine all ingredients in a bowl and mix well.
2. Cover and refrigerate.

Accompaniments:

Fresh crusty bread, crudities, rice crackers water crackers.

Strawberry Dip

Preparation time:

10 minutes.

Ingredients:

150 g. (5 oz.) hulled strawberries.

2tablespoons, icing sugar.

200 g. (7 oz.) natural yoghurt.

Method:

1. Blend strawberries in a food processor or blender until smooth.
2. Remove the seeds from the puree by putting it in a fine nylon sieve set over a bowl. Press through the sieve using a wooden spoon.
3. Stir in icing sugar and yoghurt until smooth.
4. Cover and refrigerate.

Accompaniments:

Wedges of pears, apples, peaches or bananas that have been coated with lemon juice to prevent discolouration. For something a little sweeter marshmallows are delicious as are sweet muffins.

Sun Dried Tomato Dip

Preparation time.

5 minutes.

Ingredients:

150 g. (5 oz.) sun dried tomatoes.

1/3 cup, fresh basil leaves.

2 tablespoons pine nuts.

1 clove garlic, crushed.

1/4 cup shredded parmesan cheese.

200 g. (6 ½ oz.) sour cream.

Method:

1. Put all ingredients except the sour cream in a food processor or blender and process.
2. After processing put in a bowl with sour cream and stir well.
3. Cover and refrigerate. .

Accompaniments:

Bread sticks, savoury biscuits, zucchini, carrot or celery sticks, radishes, cucumber.

Tomato and Almond Dip

Preparation time:

5 minutes.

Ingredients:

440 g. (14 oz.) can tomatoes, drained.
1/2 cup almonds.
1 tablespoon tahini (sesame paste).
2 tablespoons lemon juice.
2 spring onions, chopped.
1 tablespoon fresh basil, chopped.
1 tablespoon fresh tarragon, chopped or 1 teaspoon dried tarragon.
2 teaspoons vegetable stock powder.
ground black pepper to taste.

Method:

1. Grind almonds in a food processor.
2. Add remaining ingredients and process until smooth.
3. Add water to the mixture to gain required consistency.
4. Cover and refrigerate.

Accompaniments:

Pita crisps, savoury biscuits, raw vegetables.

Tomato and Yoghurt Dip

Preparation time:

5 minutes.

Ingredients:

1 tablespoon tomato paste.
2 tablespoons tomato sauce.
1/2 cup plain yoghurt.
1/2 teaspoon salt.
1 onion, chopped.
250 g. (8 oz.) cream cheese.
1/4 cup prepared horseradish.
1 tablespoon chives, chopped.
1 tablespoon parsley, chopped.

Method:

1. Place all ingredients in a food processor or blender and process until smooth.
2. Cover and refrigerate.

Accompaniments:

Fresh crisp vegetables, corn chips, potato chips, savoury biscuits.

Tomato Chilli Dip

Preparation Time:

10 minutes.

Ingredients:

1 cup tomato sauce.
1 1/2 cups chopped tomato.
1 tablespoon lime juice.
1 teaspoon chilli paste.
1/2 cup chopped spring onion.
1/4 teaspoon Tabasco sauce.
1/4 teaspoon cayenne pepper.
salt and ground black pepper to taste.

Method:

1. Combine all ingredients in a mixing bowl and mix well.
2. Cover and refrigerate for an hour or two before using.

Accompaniments:

Raw vegetables, prawns, grilled scallops, chicken.

Tzatziki

Preparation Time:

5 Minutes.

Ingredients:

1 Cucumber, peeled and grated.

500 g. (1 lb.) plain yoghurt.

1 tablespoon chopped mint.

1 tablespoon chopped parsley.

2 cloves garlic, crushed.

Ground black pepper.

Method:

1. Combine all ingredients.
2. Cover and refrigerate.

Accompaniments:

Slices of French bread stick, raw vegetables e g. carrot, celery, water crackers.

Walnut Dip

Preparation t ime:

5 minutes.

Ingredients:

1 teaspoon sambal oelek (chilli paste).
150 ml. (4 ¾ fl. oz.) olive oil.
3 tablespoons dry stale breadcrumbs.
2 tablespoons lemon juice.
175 g. (5 ½ oz.) ground walnuts.
1 teaspoon ground cumin.
1 teaspoon allspice.
salt to taste.

Method:

1. Mix ingredients thoroughly until well blended.
2. Cover and refrigerate.
3. Garnish with parsley before serving.

Accompaniments:

All kinds of cooked meat and kebabs.

Yoghurt Dip

Preparation time:

5 minutes.

Ingredients:

1 teaspoon cumin seeds.

1 cup plain yoghurt.

1 small fresh red chilli, chopped.

2 tablespoons fresh mint, chopped.

1/2 teaspoon paprika.

1 tablespoon chopped fresh coriander.

Method:

1. Place cumin seeds in a small pan and stir over medium heat for a couple of minutes until fragrant.
2. Cool seeds and then combine with remaining ingredients and mix well.
3. Cover and refrigerate.

Accompaniments:

Vegetable fritters, raw vegetables, eg. carrots cucumber, celery.

Zucchini Combination Dip

Preparation time:

10 minutes.

Ingredients:

5-6 small green zucchini.
3 cloves garlic, crushed.
salt and pepper to taste.
Optional seasonings-:
- salsa.
- lime or lemon juice.
- chopped tomatoes.
- chopped spring onions.
- chilli powder.
- sour cream or yoghurt.

Method:

1. Steam or microwave zucchini with salt and pepper until cooked.
2. Drain zucchini and mash with a fork or potato masher or blend in a processor.
3. Add any or all of the optional seasonings.
4. Cover and refrigerate.

Accompaniments:

Vegetable sticks, savoury biscuits.

Zucchini Dip

Preparation time:

1 hour.

Ingredients:

3 medium zucchini.
1 tablespoon vinegar.
2 teaspoons salt.
3 tablespoons vegetable oil.
1 onion, grated.
225 g. tinned tomatoes.
2 tablespoons lemon juice.
ground black pepper to taste.
1/2 teaspoon paprika.

Method:

1. Slice zucchini into thin rounds.
2. Place in cold water and add vinegar and 1 teaspoon salt.
3. Set aside for thirty minutes.
4. Heat oil in saucepan and fry onion until soft.
5. Drain zucchini and add to the onion.
6. Add remaining ingredients and about 225 ml. (7 ¼ fl. oz.) of water.
7. Simmer for about thirty minutes.
8. Cool and puree using a blender or food processor.
9. Serve warm or cold.

Accompaniments:

Focaccia (Italian flat bread), crusty bread, rice crackers.

THE DIP BOOK.

Thank you for downloading the Dip Book I have put on the Gaiaengineering web site to thank you for having read about our precarious environment.