

DIPPING DELIGHTS

HUMMUS DIP

Ingredients:

1 1/2 cups raw chickpeas soaked overnight then boiled until soft **OR**
1x 400g can organic chickpeas
1-2 medium cloves minced garlic
Juice from 2 medium lemons (or approx. 1/4 cup)
1/2 cup tahini
1/4 cup olive oil
Finely minced parsley (optional)
Black pepper and salt to taste
2 Tbs water (optional – for lighter consistency)

Method - Mash chickpeas to a thick paste, using a food mill or grinder, or a masher. Combine everything and chill thoroughly. Taste to correct seasonings. Some children will not like added garlic, or will only tolerate small amounts.

FISH DIP

Ingredients:

1/2 cup left-over cooked salmon, tuna or trout **OR**
1x 100-200g can tuna or salmon
125 g cottage cheese or firm natural yoghurt
125g cream cheese
Juice from 1 lemon
Finely chopped coriander (optional)
Black pepper and salt to taste

Method - Mash everything to a thick paste, taste to correct seasonings – chill

PITA CHIPS

Plain: Cut wholemeal pita or flat bread (sorj, lavash etc.) into triangle or other shapes using a sharp knife. Put onto baking tray and bake in a moderately slow oven approx 10 minutes until dry and crisp

Cheese: Brush pita bread rounds lightly with olive oil or butter (you can also buy olive oil spray which is good for this purpose), then grate tasty cheese over the top. Cut into shapes as desired and bake as above.

Tomato & herb: Spread pita bread with olive oil and tomato paste then sprinkle dried or freshly chopped herbs over the top. Bake as above

Combinations: Tomato and cheese, chili, pesto, garlic – experiment!

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