



[www.asfm.org.au](http://www.asfm.org.au)

## Party Dips

**Andrew Kuhl  
Kuhl Kooking**

**See recipes below for**

- Humus
- Roast beetroot and mint
- Baba ganoush (eggplant dip)
- Carrot, pumpkin and coriander

**Andrew's helpful hints**

- Why not make a few dips at a time and roast off your beetroot, eggplant, garlic and pumpkin together.
- Put a small layer of olive oil on the dips when they are in their containers as this will help prevent them from drying out.
- Serve with fresh crusty bread or spelt lavosh.
- Always have a jar of tahini in the fridge.
- Promise yourself never to buy dips from the supermarket again!
- When making humus add some sweet chilli sauce to the mix. Great to use on sandwiches instead of butter or margarine.

**HAPPY DIP MAKING!!!!**



[www.asfm.org.au](http://www.asfm.org.au)

## **HUMUS**

### **Ingredients**

- 1 can chick peas drained
- 1 large clove garlic
- 1 tbsp tahini (sesame seed paste)
- Salt and Pepper to taste
- Juice ½ lemon
- 150ml olive oil
- Enough cold water to get correct consistency

### **Method**

In a food processor put all the ingredients except the water.  
Blend till mixed then add enough water to make the consistency you like.  
Check seasonings.



[www.asfm.org.au](http://www.asfm.org.au)

## **ROAST BEETROOT AND MINT**

### **Ingredients**

2 large beetroot (approx 500gm)

¼ bunch fresh mint, chopped

Salt and pepper

½ tsp ground cumin

2 tbsp quark or natural yoghurt

### **Method**

Peel and roughly chop beetroot, wrap in foil with 3 cloves of garlic peeled, a splash of olive oil and roast in oven till very tender.

Allow to cool for 10 mins then place in food processor, blend till finely chopped.

Add chopped fresh mint, cumin, and salt and pepper then blend again.

Add yoghurt or quark and blend for a further 30 seconds.

**Note: this dip is best made 1 day in advance so that flavours can develop.**



[www.asfm.org.au](http://www.asfm.org.au)

## **BABA GANOUSH (EGGPLANT DIP)**

### **Ingredients**

2 large eggplant  
1 tbsp tahini  
150ml olive oil  
Juice of ½ lemon  
1 head of roasted garlic  
Salt and pepper

### **Method**

On a baking tray put together eggplant and garlic and roast in a med/hot oven till very soft.

Remove from oven and allow to cool for 15 minutes.

Cut eggplant in half and scoop out flesh. Squeeze garlic head so roasted garlic oozes out, place both in food processor.

Blend with tahini, olive oil and lemon juice.

Season with salt and pepper to taste.

**Note: this dip is best made 1 day in advance so that flavours can develop.**



[www.asfm.org.au](http://www.asfm.org.au)

## **CARROT, PUMPKIN AND CORRIANDER**

### **Ingredients**

- 1 whole butternut pumpkin (approx 1kg)
- 2 large carrots
- ½ bunch fresh coriander, chopped
- 1 head of garlic, roasted
- ½ tsp fresh chopped chilli, or to taste
- 1 tsp fresh grated ginger
- ¼ tsp ground cumin
- Salt and pepper

### **Method**

Place the whole pumpkin and garlic on a baking tray and roast in a med/hot oven till very soft, remove from oven and allow to cool for 15 minutes.

While pumpkin and garlic are roasting, boil carrots in salted water till very tender.

Cut pumpkin in half and scoop out flesh, discard seeds and squeeze garlic head so roasted garlic oozes out.

Place pumpkin and garlic in a food processor, along with cooked carrots, chopped coriander, ginger, chilli and cumin.

Process to desired consistency and season to taste.

**Note: this dip is best made 1 day in advance so that flavours can develop.**



[www.asfm.org.au](http://www.asfm.org.au)

## **TZATZIKI**

### **Ingredients**

500gm tub of Paris Creek quark or natural yoghurt

1 large continental cucumber

3 cloves of garlic

Salt and pepper

### **Method**

Cut cucumber in half, scoop out seeds and coarsely grate.

Place grated cucumber in a clean Chux, and form into a ball. Twist top and squeeze as much liquid out as you can.

In a bowl place quark or yoghurt and add the cucumber, very finely chopped garlic and mixed well.

Season with salt and pepper

### **Notes:**

**This dip is also excellent served with lamb dishes.**

**This dip is best made 1 day in advance so that flavours can develop.**