



SMOKED COORONG MULLET DIP

makes about 2 cups

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Kids' Club Chef

INGREDIENTS

- 2 x 125g packets smoked Coorong mullet
- 100g B-d. Farm Paris Creek German style quark
- 100g Semaphore Pantry aioli
- 1 tablespoon dill
- 1 tablespoon Australian capers
- 1 lemon

EQUIPMENT

- bowls
- knife
- chopping board
- food processor
- citrus juicer
- scissors
- measuring scales
- spoon measures
- rubber scraper

METHOD - THIS RECIPE REQUIRES ADULT SUPERVISION

1. Cut the lemon in half and squeeze out the juice with the citrus squeezer. Set aside
2. Carefully chop the fresh dill leaves using the knife and chopping board or use a pair of kids scissors to snip them.
3. Remove the skin from the smoked mullet and break into pieces.
4. Place the fish pieces in the bowl of a food processor and process until almost smooth.
5. Add the quark, aioli and 1 tablespoon of lemon juice and whiz to mix thoroughly.
6. Finally add the capers and herbs and pulse to mix.
7. Taste to see if the flavours are to your liking and adjust if necessary.
8. Scrape out the dip into a nice bowl and serve with your favourite crackers.

HANDY TIP: CAN BE MADE A DAY IN ADVANCE AND REFRIGERATED

FROM THE MARKET

- Smoked Coorong mullet – Coorong Wild seafood
- Aoili – The Semaphore Pantry
- Quark – German style B.-d. Farm Paris Creek
- Capers – Australian Capers
- Dill – Kitchen Herbs and Salad Greens
- Lemons - Fat Goose Citrus



Breville