



Carrot Dip

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: carrots, coriander, lemon, onions

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
citrus juicer
medium saucepan
colander
food processor
2 heavy-based frying pans
wooden spoon
medium bowl
serving bowls

Ingredients:

4 carrots, peeled and chopped
1 tbsp olive oil
1 onion, peeled and chopped
½ tsp coriander seeds
½ tsp fennel seeds
½ tsp cardamom
½ tsp garam masala
juice of ½ lemon
1 handful of coriander, roughly
chopped
1 tbsp yoghurt
salt, to taste
pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Boil the carrots in water in the saucepan until soft, then drain and place in the food processor.
3. Heat the olive oil in a frying pan over low heat and then fry the onion until translucent. Add to the food processor.
4. In another frying pan, dry-fry the spices over a low heat until aromatic, then add to the food processor.
5. Add the lemon juice to the food processor.
6. Purée the carrot mix until it forms a soft paste.
7. Spoon the purée, coriander and yoghurt into the medium bowl and mix through.
8. Taste and add salt and pepper as preferred before serving.

