



Carrot Dip

Season: Winter/Spring

Type: Dips

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: carrots, lemon, onions

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

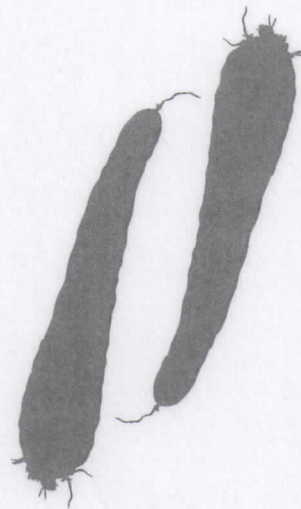
Carrot dip? It's yummy!

Equipment:

tea towel
chopping board
kitchen knife
vegetable peeler
medium saucepan
colander
food processor
metric measuring spoon
2 heavy-based frying pans
wooden spoon
citrus juicer

Ingredients:

4 carrots
1 onion
1 tablespoon olive oil
1/2 teaspoon coriander seeds
1/2 teaspoon fennel seeds
1/2 teaspoon cardamom
1/2 teaspoon garam masala
1/2 lemon
1 tablespoon yoghurt
salt
pepper



What to do:

Peel and chop the carrots.

Boil the carrots in water in a saucepan until soft, then drain and place in the food processor.

Chop the onion. Add the olive oil to a frying pan over low heat and fry the onion until translucent. Add to the food processor.

In another frying pan, dry-fry the spices over a low heat until aromatic, then add to the food processor.

Juice the lemon and add to the food processor.

Purée the carrot mix until it forms a soft paste.

Add yoghurt and mix through. Taste and add salt and pepper as preferred before serving.