

Three dips: Lima bean with mint, eggplant with parsley, and walnut with tomato

Season: summer, autumn

Type: Soups & Dips

Difficulty: Easy

Serves: 6 serves at home or 24 tastes in the classroom

Fresh from the garden: eggplant, garlic, herbs, lemons, tomatoes

The Walnut & semi-dried tomato dip comes originally from a recipe by Tony Chiodo. Make sure you have soaked the walnuts overnight and the semi-dried tomatoes for one hour before making the recipe.

Equipment:

clean tea towels
food processor
chopping boards
knives
spatula
mortar and pestle
tongs
medium bowl
large fork for mashing
lemon juicer
small spoon
heavy-based frying pan
serving platters
small spoons, to serve

Ingredients:

Lima bean dip:

1 handful of mint
portion of cooked lima beans
(about 600 g)
2 cloves garlic
extra virgin olive oil
salt flakes
freshly ground black pepper

Eggplant dip:

1 cup of parsley
2 large eggplants
1 clove garlic
salt flakes
1/2 to 1 lemon
olive oil

Walnut & semi-dried tomato dip:

1/2 cup pine nuts
1 cup walnuts, soaked overnight
1 cup semi-dried tomatoes,
soaked for 1 hour
2 tablespoons extra virgin olive oil
1/2 cup lemon juice
2 tablespoons parsley
1 teaspoon lemon thyme
1 teaspoon chives
1 teaspoon salt flakes
ground pepper
edible flowers, to garnish
herbs, to garnish
extra virgin olive oil



What to do:

Lima bean dip:

- Set up the food processor.
- Wash the mint sprigs and dry them gently in a salad spinner or a clean tea towel. Roughly chop the mint.
- Drain and rinse the lima beans and place them with the peeled garlic in the bowl of the food processor. Pulse to combine.
- With the motor running, very slowly pour in a steady stream of extra virgin olive oil, until the mixture starts to have a thick and creamy consistency.
- Season well with salt flakes and freshly ground black pepper. Scrape the sides of the bowl down, stir and taste to check the seasoning.
- Add mint to the food processor and pulse again. Taste one more time to check the flavours.

Eggplant dip:

- Wash and gently dry the parsley in a tea towel. Chop it roughly and set aside.
- Peel the garlic clove. Place it in the mortar with a pinch of salt flakes and pound with the pestle until it is a soft paste. Set aside.
- Roast the eggplant directly over a gas flame until soft. Use long tongs and ask an adult to help.
- Let the eggplant cool, then peel and place the cooked inner flesh in a medium bowl. The peel can go in the compost bucket.
- Gently mash the eggplant with your fork, adding the parsley and the mashed garlic.
- Juice the lemon and stir the juice in with the eggplant, parsley and garlic.
- Taste to check the seasoning, adding salt flakes or freshly ground black pepper as needed.

Walnut & semi-dried tomato dip:

- *See note: make sure the walnuts have soaked overnight and the semi-dried tomatoes for one hour.*
- Heat a heavy-based frying pan over medium heat. Tip in the pine nuts and roast, shaking the pan, until they turn golden. Watch carefully to ensure they don't burn.
- Place the walnuts, pine nuts and soaked semi-dried tomatoes in the bowl of the food processor and pulse until smooth.
- Wash, dry and finely chop the parsley, thyme and chives.
- Add the herbs and other ingredients to the food processor and blend again.
- Taste for seasoning and adjust if needed by adding more salt flakes and freshly ground black pepper.

To serve:

- Arrange the dips on serving platters. Drizzle with extra virgin olive oil and garnish with herbs and edible flowers as available. Serve with a spoon for each dip.

Note: Kitchen Specialists need to ensure that the walnuts and semi-dried tomatoes have been put in to soak before this lesson.