



Moroccan Carrot Dip

Season: Winter

From the garden: carrots, parsley, coriander

Type: side-dish Difficulty: Easy

Serves: 30 tastes / 8 adults

Recipe source: Laura Cornelius

Equipment	Ingredients (does not have to be exact)
Medium saucepan	1kg carrot
Chopping board x 2	2-3 clove Garlic
Kitchen knife x 2	1 tsp mustard (optional)
Peeler	2 tsp salt
Silicone spatula/ scraper	30g chopped fresh Herbs
Measuring spoons	1 tbl sp Sesame or olive oil
Food processor	1 tsp coriander seeds
Citrus juicer or fork	1 tsp cumin seeds
Small frying pan	1/2 tsp dried chilli/ 1 tsp fresh chilli
Pestle and mortar	1 lemon Juice and zest
	1 tsp honey

How to make it:

1. Gather all ingredients.
2. Put a pan of salted water (add 1 heaped tsp of salt) on to boil with lid.
3. Wash carrots if organic otherwise peel and discard skins.
4. Chop carrots into 2 cm rounds.
5. Add carrots and whole garlic cloves to pan, cook for 20 minutes or until very soft (test by mashing with the back of a fork).
6. Meanwhile toast whole spices in a dry frying pan (no oil) for 2 mins or until aroma is released.
7. Grind spices with pestle and mortar.
8. Drain carrots and place in food processor with rest of ingredients.
9. Pulse until desired texture (coarse or totally smooth, up to you).
10. Taste test and adjust seasoning, add more salt and pepper if desired.

Serve with crostini or toasted rye bread or as an addition to any meal hot or cold.

Any veg can be used (except potato), either one variety or a combination.