

## Kitchen Garden at Collingwood College 2019

### Name of Recipe: Dips; Potato Skordalia, Pea & Parmesan, Beetroot,

Volunteer Notes: This isn't as involved as it sounds! The dips are a guideline – the kids must taste and think about the flavours they want. Any problems get me over!  
START steaming the potato asap

What to collect	What to do
<p data-bbox="188 674 555 719"><b><u>Pea &amp; Parmesan DIP</u></b></p> <p data-bbox="188 748 810 1536">Mortar pestle 500grams peas - frozen 2 x clove garlic, ground to a paste 1 x tsp freshly chopped Oregano/thyme 2 x tsp chopped parsley 2 x tsp finely shredded mint leaves 150 ml Extra virgin olive oil (may need extra as well) Grated Parmesan cheese  Freshly ground black pepper Salt flakes-only see if you need it after the parmesan has been added &amp; dip tasted</p>	<p data-bbox="847 674 1477 763">Put a large pot of water onto the boil.</p> <p data-bbox="847 875 1477 1066">Pod the peas. Cook the podded peas for 2-3 minutes and strain the water out in the sink into a colander.</p> <p data-bbox="847 1111 1150 1155">Refresh the peas.</p> <p data-bbox="847 1178 1477 1323">Prepare the herbs and garlic and chop finely. Grate the parmesan into a bowl.</p> <p data-bbox="847 1357 1477 1659">Put the peas in the mortar and pestle and pound roughly, add the herb/garlic mix. Wet with olive oil, add the parmesan. Stir and taste. Add salt? and grind some pepper in. Taste again.</p> <ul data-bbox="895 1771 1477 2051" style="list-style-type: none"><li>• Put into a bowl and set aside. Let the flavours infuse into the peas.</li><li>• Divide onto the 3-4 platters of dips. Garnish with edible</li></ul>

	flowers or mint sprigs.
<p><b><u>BEETROOT DIP</u></b></p> <p>1 Portion of cooked beetroot, peeled</p> <p>Rubber gloves</p> <p>Olive oil</p> <p>1 garlic clove</p> <p>Salt flakes</p> <p>1 tsp ground cumin dry roasted in a pan</p> <p>1 tsp ground coriander dry roasted in a pan</p> <p>1 X ORANGE FINELY ZESTED</p> <p>1 food processor</p>	<ul style="list-style-type: none"> <li>• Peel the beetroot skin off-put it into the compost. Then cut up the flesh into rough dice. <b>Use the rubber gloves unless you want purple hands!</b></li> <li>• Put beetroot, garlic clove into magi mix. Puree until fine.</li> <li>• Add salt /pepper, ½ the amount of cumin /coriander</li> <li>• While machine is running add olive oil SLOWLY (approx) 100ml.</li> <li>• TASTE, add the orange zest, decide if you need any more spice or seasoning.</li> </ul>