

Dips

Each dip makes enough for 2 to share.

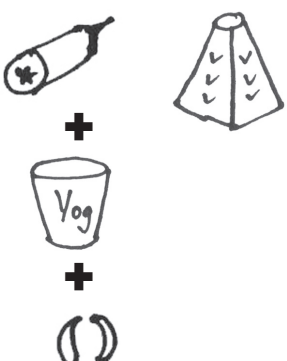
Equipment	Ingredients
Work mat	6cm (about 90g) cucumber
Strong plastic (freezer) bag	80ml natural yoghurt
Measuring jug	1 clove garlic / $\frac{1}{2}$ – 1 tsp garlic paste
Mixing bowl for Squiggly Cucumber Dip	4 cherry tomatoes 2-3 fresh basil leaves
Grater	Pinch ground black pepper
Teaspoon (tsp)	1 tsp olive oil
Kitchen paper	$\frac{1}{2}$ tin of cannellini beans, drained and well rinsed.
Rolling pin	
Scissors	Good pinch chilli flakes
Small, lidded containers eg deli pots	2 tsp olive oil

1. Before cooking, wash your hands and put an apron on. Read all the instructions then weigh and measure the ingredients.
2. **Squiggly Cucumber Dip:** Grate the clean cucumber (skin on) on the biggest grater holes then put onto layers of kitchen paper and squeeze to remove the juices. Put into bowl. Put the garlic clove into the strong plastic bag then bash with the rolling pin to crush or use garlic paste. Add to the bowl. Put in the natural yoghurt and mix everything together with the teaspoon. Transfer into the serving container, cover and refrigerate.
3. **Sunshine Dip:** Count the cherry tomatoes into the clean measuring jug then chop up with scissors: they may try to explode! Then tear in some basil leaves and add 1 tsp olive oil and a pinch of pepper and mix well with the teaspoon. Transfer into the serving container, cover and refrigerate.
4. **Bashed Bean Dip:** Put the cannellini beans and 2 tsp olive oil into a strong bag and then bash with rolling pin to mash and crush. Add the chilli flakes and massage in the bag then transfer into the serving container, cover and refrigerate.
5. Store in the fridge and eat within 2 days with bread sticks or vegetable batons.



Dips


Grated cucumber
+
Yoghurt
+
Garlic
= **Squiggly Cucumber Dip**



Tomatoes
+
Basil
+
Oil
= **Sunshine Dip**



Cannellini beans
+
Chilli flakes
+
Ground black pepper
+
Oil
= **Bashed Bean Dip**



Dips

Teacher's Notes

Age range:	KS1
Skills:	grating, cutting, mixing, simple fractions, pull, snip
Key vocabulary:	excess, batons
Portion size:	2 to share
Cooking method:	Non cook



- Decide whether all the children will make the same dip or make different ones. They could work in pairs
- Cut the cucumber in longer lengths than required as the children need to hold on to something to prevent fingers and knuckles getting grated. Put on plates ready.
- Put the yoghurt in large jugs for sharing or pre-measure and leave in measuring jugs.
- The beans need to be rinsed and well drained or the dip will be too wet and sloppy. Measure individual portions into bags.



Squiggly Cucumber Dip:

- Use the big holes on the grater. Keep the graters to one side until they are needed as they are sharp.
- Squeeze out excess juice using layers kitchen paper. If the cucumber is too wet, the dip will be too!
- Decide ahead which method of garlic preparation is suitable for your children.



Sunshine Dip:

- Using scissors in the jug means that blades are well away from fingers when chopping tomatoes and herbs. Tomatoes tend to explode with juice so ask children to snip lightly to release the pressure then they can chop more vigorously.



Bashed Bean Dip:

- Use freezer bags as they are a thicker gauge and more resilient for bashing than sandwich bags. Bashing can be noisy – make sure the tables are strong enough for enthusiastic bashing and keep equipment on the table to a minimum to avoid things falling off. The beans need to be well squashed for them to form a paste consistency.
- Adding all the ingredients to the bag saves on washing up!



Skill Up

Children prepare some carrot sticks by peeling and cutting into batons to serve with the dips (upper KS2).

Skill down

Use tinned tomatoes instead of fresh for the Sunshine Dip; omit the Squiggly Cucumber Dip recipe as an option.

Adapting the recipe for dietary/religious considerations

The following substitutions can be made (see also Know Your Ingredients, pages 16–18):

Reason	Substitute	With
dairy allergy	natural yoghurt	soya natural yoghurt

Safety advice

Cover and refrigerate the dips if they are not being eaten immediately. **Eat within 48 hours.**

If eating and sharing the dips, show children how to dip once and eat one bread stick/carrot stick at a time to reduce the risk of sharing their oral bacteria with others (double dipping is where you dip something that has already been in the mouth – such as a tasting spoon – allowing oral bacteria into the mixture).

Getting more out of your food practical session

D&T – What food groups are in the dip you made?

Geography – Where do the ingredients in the dips come from? Can you locate the countries on a map of the world?

Maths (measuring) – practice measuring by weight (g) and volume (ml) with activities.