



Dips and Sticks

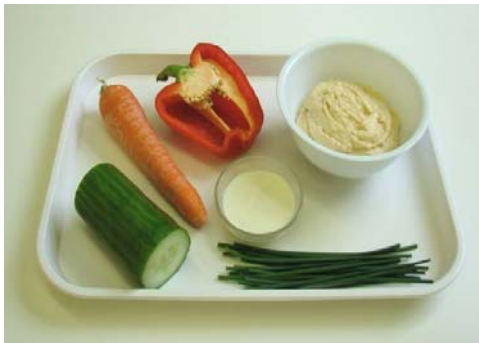
Ingredients

Carrot
Selection of Peppers
Cucumber
Pitta Bread
Hummus
Plain yogurt
Tomato puree
Handful of fresh chives

Equipment

Knife, chopping board, vegetable peeler, measuring spoons, small bowl, kitchen scissors, spatula.

METHOD



Top and tail the carrot, then peel.
DEMONSTRATE USING THE
DIFFERENT PEELERS

Slice the carrot into sticks.
DEMONSTRATE BRIDGE AND CLAW
GRIP FOR CUTTING





3. Slice the peppers and demonstrate how to clear the seeds



4. Again demonstrating the two knife grips cut the cucumber into sticks
RECOMMEND PEELING THE SKIN OFF AND REMOVING THE SEEDS

5. Place the hummus and yogurt together in the small bowl. **SPLIT THE MIXTURE BETWEEN TWO BOWLS**

6. Snip the chives into ONE bowl., and a good squeeze of tomato puree into the other (a pinch of sugar makes this even better)



7. Stir everything together.



8. Serve the dip, surrounded by the vegetables, and a few slices of pitta bread

