

Dips & Sauces

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Baba Ganoush



Yields

4 servings

Ingredients

- 4 (around 1.1 kg) medium eggplants
- 1 big clove of garlic
- 4 tbsp Lemon juice
- 1/2 tsp cumin
- 1 1/2 tsp salt
- 30 g Tahini (can be replaced with peanut butter)
- 40 ml Olive oil

Instructions

1. Place whole eggplants in 250 °C grill for 60+ minutes. Or cut the eggplant in half, moisture the inside with oil, and shove it to the preheated 200-220 °C oven. Place the tray

1/3th from the top of the oven.

2. Once tender, let the eggplants to cool a bit. Then scoop the inside of it, put in the colander and let it rest for 10 mins. Then press with a fork to get rid of extra liquid.
3. Put the eggplant into a food processor. Press the garlic in, add all other ingredients, and bzzzzz!

Canarian Mojo Verde

From [justspices](#)



Ingredients

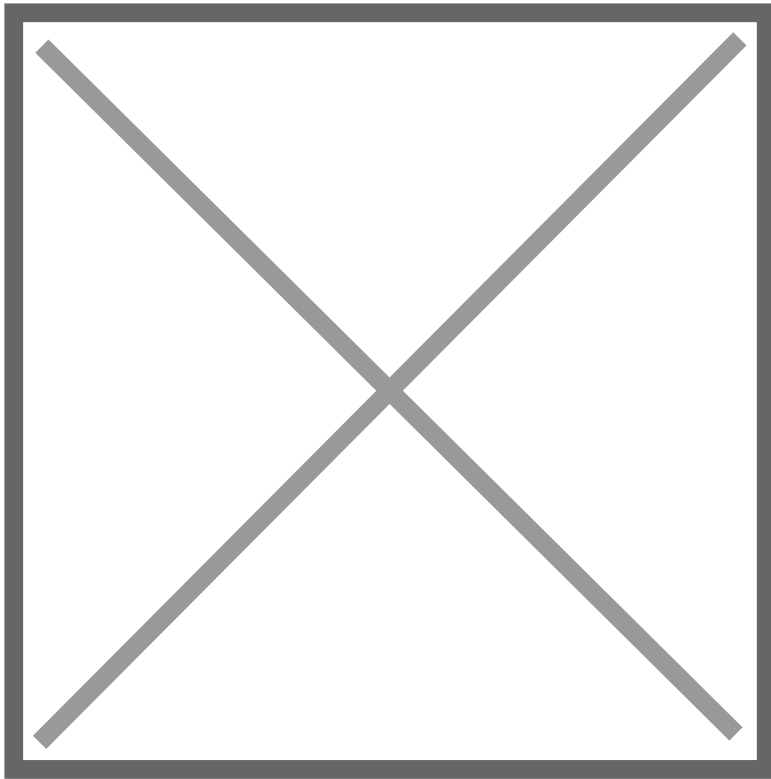
- 2 green peppers, with seeds removed
- 2 bunches of cilantro
- 2 bunches of parsley
- 200 ml of olive oil
- 3 tbsp. of white balsamic vinegar
- 1/2 lime
- 4 cloves of garlic, peeled

Method

1. Puree all the ingredients except the olive oil in a hand blender until the mixture has a smooth consistency.
2. Finally, add the oil in a thin stream while continuing to blend everything with the blender.

Hummus

From: cooking.nytimes.com



Cook	2:30
Yields	4 servings

This recipe comes from Zahav, the chef Michael Solomonov's Israeli restaurant in Philadelphia, which is known for its silky and wonderfully rich hummus. Garlic and lemon play small roles here; the indisputable co-stars are the freshly cooked chickpeas and the nutty tahini. While it's well worth the effort to cook the dried chickpeas yourself, substituting a couple of cans of cooked chickpeas is perfectly acceptable.

Ingredients

- 200 g dried chickpeas
- 30 g lemon juice
- 1 clove garlic
- 1 teaspoons salt, more to taste
- 50 g peanut butter, sunflower seeds butter, or tahini
- 50 g olive oil
- 50 g greek yoghurt
- 0.5 teaspoon ground cumin, more to taste

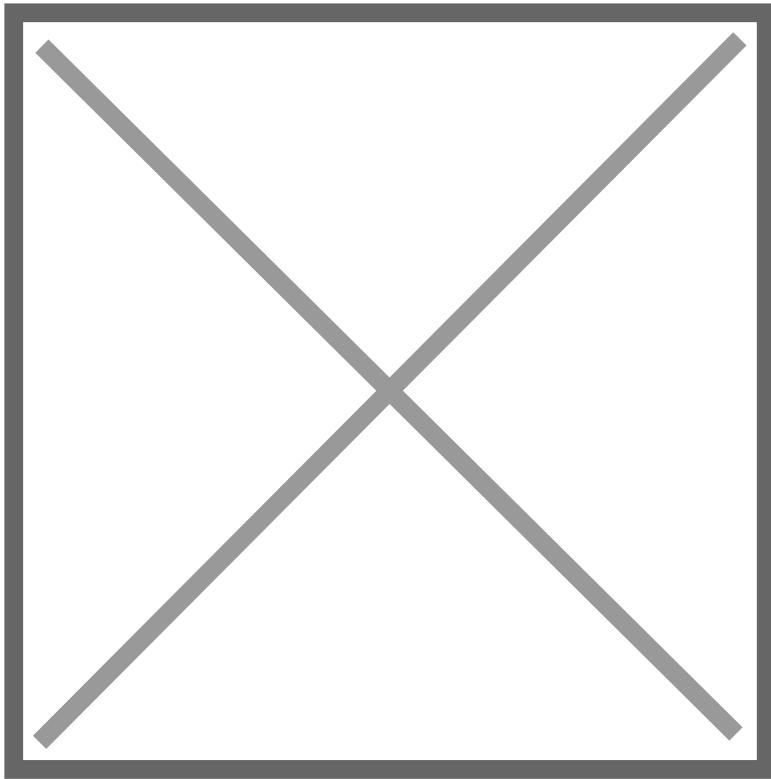
- 1 ground cumin, for serving
- 1 Olive oil, for serving
- 1 Chopped fresh parsley, for serving

Instructions

1. In a bowl, cover chickpeas by at least 5 cm of cold water. Quick soaking method: boil for 5 minutes, then let it rest for 1 hour. Slow: soak for 8 hours. Pressure cooker: add 4 times the weight of water, cook for 50 mins on the second ring; skip the cooking step.
2. In a medium pot, cover soaked chickpeas by at least 4 inches of water. Bring to a boil over high heat. Reduce heat to medium high and let cook at a vigorous simmer with a lid closed until chickpeas are quite soft, 1 to 1 1/2 hours. (Overcooked chickpeas are the secret to creamy hummus, so don't worry if they start to break down a little.) Drain. Keep the water
3. Blend everything but chickpeas until a smooth paste. Add a little of water if needed to help blending. Add chickpeas and blend until smooth paste. Sprinkle with cumin, olive oil, and parsley before serving.

Mango Chutney

From: [Fooby](#) and [cookidoo.ch](#), adapted.



Yields	?
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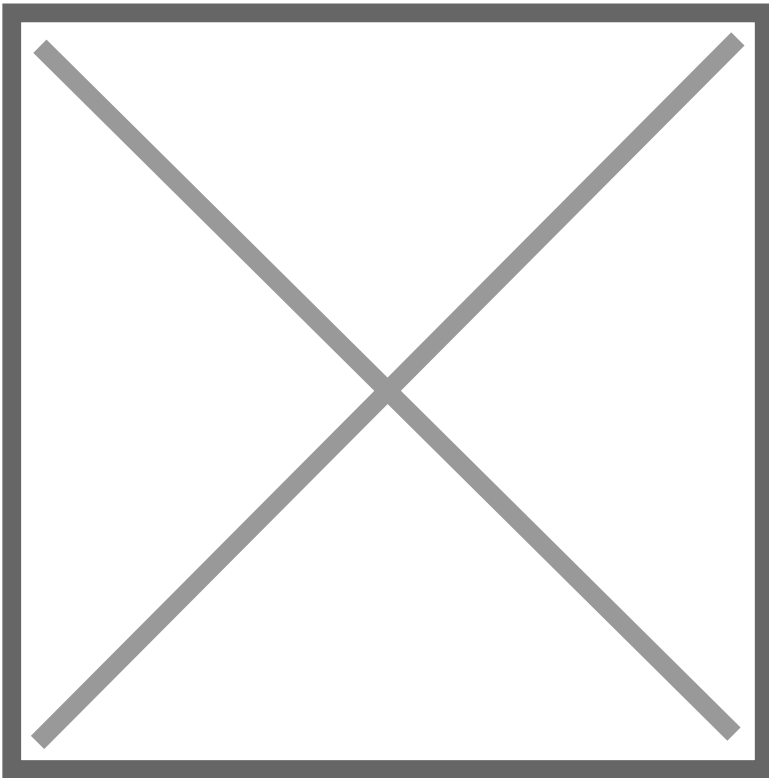
Ingredients

- 2 mangoes (~600g raw weight), cut in cubes
- 1 onion, finely chopped
- 2 clove garlic, finely chopped
- 10 g ginger, finely chopped
- 75 ml white wine vinegar
- 100 ml water (or white wine)
- 40 g sugar (more for less ripe mangoes)
- 1 tbsp honey
- 1 lime zest
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp turmeric (Kurkuma, optional)

Instructions

1. Fry onion, garlic, and ginger on low heat until onions start caramelizing.
2. Add water, bring it to boil, simmer for 10 minutes.
3. Add lemon zest, vinegar, sugar and honey, season.
4. Simmer for 20 minutes more until chutney simmers.
5. During this sterilize the jars (e.g., with boiling water)
6. After chutney thickened, remove the lime zest, transfer the chutney to jars, and seal it.

Mayonnaise



Yields	300 ml
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Ingredients

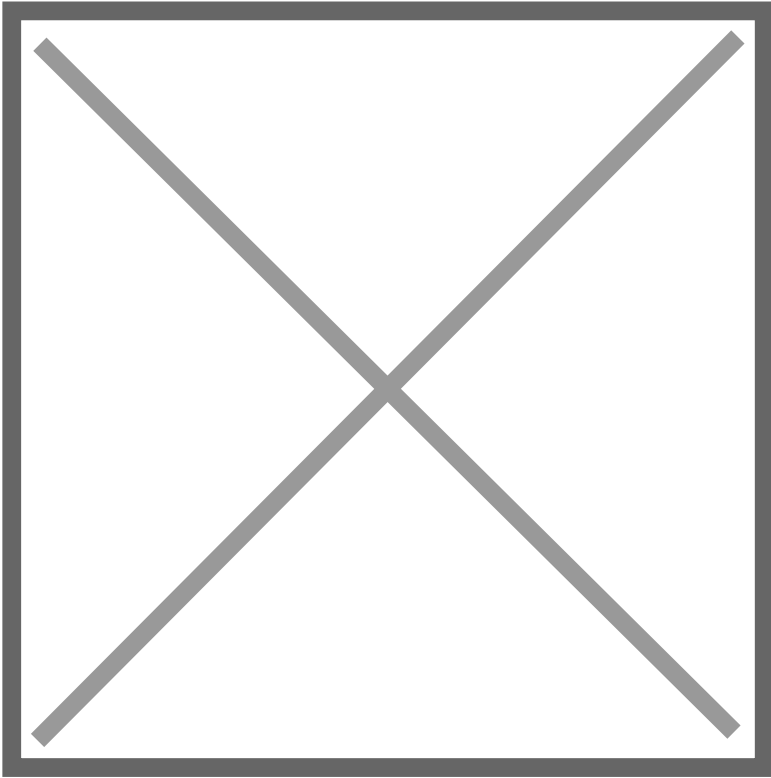
- 2 egg yolks
- 200 ml oil (e.g., sunflower, rapseed)
- 1 tsp lemon juice
- 1 tbsp white vinegar (e.g., rice, apple, white wine)
- 0.5 tsp granulated sugar
- 1 heaped tsp dijon mustard
- 0.25 tsp Salt
- 50 g water

Directions

1. Mix water with salt, sugar.
2. Mix mustard well with vinegar and lemon juice.
3. To the hand blender cup add egg yolks, then the mustard mix, then oil, finally the water mix.
4. Submerge the hand mixer into the liquid such that it would completely cover the egg yolks. Press to the ground and hols firmly.

5. Start mixing. You should start seeing mayonnaise emulsion coming out of the hand mixer holes.
6. Then lift the mixer slightly up. If you see oil settling to the bottom, start rocking the mixer slightly to the bottom and up.
7. Continue with such a movement until the top.
8. Once you reach the top, mix the whole emulsion well from the very bottom to the top, such that all the ingredients mix well.

Parsley Pesto



Yields

4 servings

Ingredients

- 20 g Hazelnuts
- 40 g pecorino (substitute with cream cheese)
- 20 g Parsley
- 1 garlic clove
- 30 g olive oil?
- 30 ml water?
- 1 Salt
- 1 Pepper

Instructions

1. Mix everything well in the blender or food processor.

Pesto

Yields: 4 Servings

Ingredients

- 80 g fresh basil leaves
- 80 g Parmigiano Reggiano cheese
- 50 g pine nuts
- 160 ml olive oil
- 1 clove of garlic

Method

1. Mix everything well in the blender or food processor.

Peruvian Aji Verde

From [skinnytaste](#)



Ingredients

- 2 tablespoons olive oil
- 50 g chopped red onion
- 100 g light Hellman's mayonnaise
- 2 tablespoons lime juice
- 4 teaspoons yellow mustard
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 85 g jalapeños
- 60 g chopped fresh cilantro leaves and stems
- 3 medium cloves garlic

Method

1. Saute the onion in a small skillet with 1 teaspoon of the oil until soft, 3 to 4 minutes.
2. Transfer to the blender then add the remaining oil, mayo, vinegar, mustard, salt and pepper.
3. Then add the chopped jalapeno, cilantro and garlic and blend on high speed until the sauce is smooth and creamy, about 30 seconds.