

Bread sticks and dips

Ingredients (Makes 12 sticks)

25g butter or margarine, melted
150g self raising flour
1 teaspoon sugar (optional)
1/2 teaspoons salt
100 ml milk

Skills:

Dough making and shaping
Veg preparation
Blending
Garnishing



This no yeast bread can be made in 30 mins. Choose a dip to make and serve with it.

Method

1. Preheat the oven to 220° C / Gas 8. Place melted butter in a swiss roll tin.
2. In a bowl, combine the flour, sugar and salt; mix well. Stir in the milk until just moistened, do not overmix. Turn onto a floured surface; knead lightly 10 times. Roll into a rectangle, approximately 15 x 20cm. Cut into 1.5cm strips.
3. Roll each side of bread stick in butter in prepared tin; arrange in the tin (do not allow sides to touch). Bake in the preheated oven for 15-20 minutes or until golden brown.

Lightly knead in chopped olives, sun dried tomatoes, grated onion, grated cheese etc

Hummus (Serves 4)

450g tin of cooked chickpeas, drained
60ml tahini paste (sesame seed paste)
1 Onion, quartered
2 tbsp lemon juice
1 Garlic Cloves, chopped
½ tsp Paprika
½ tsp Ground Coriander
½ tsp Ground Cumin
½ tsp Salt
½ tsp freshly ground black pepper
1½ tbsp water

Put all the ingredients into a food processor or liquidizer. Blend until smooth and creamy. Pour the hummus into a serving dish. Garnish with fresh coarse chopped parsley (3tbsp)

Avocado Dip (Serves 4)

1 medium Avocados
1 tbsp milk
100g Cream Cheese
½ tsp Salt
A pinch of Cayenne Pepper
A dash of Worcestershire sauce
1 finely chopped chilli pepper
1 tbsp lemon juice

Peel and stone the avocados and mash to a smooth purée with the milk. Cream the cheese until soft and beat into the avocado with the remaining ingredients.

Mackerel Pate

Ingredients (Serves: 4)

4 smoked mackerel fillets
300g Philadelphia soft cheese
juice of 1 lemon
1 teaspoon horseradish sauce

Skin and bone the mackerel and place in a blender with the other ingredients and blitz for 1 minute.

Cheese Dip

Ingredients (Serves: 4)

100g Cheese, softened... blue cheese or soft crumbly cheese works best.
75g Cream Cheese, softened
1 tbsp Lemon Juice
Pinch of salt

Blend all ingredients to a smooth cream.

Find images of bread sticks and dips served with some fine garnish. Stick them below and use them to help you serve your food attractively.