

Slightly Spicy Carrot Dip

Season: All

Difficulty: Easy

Serves: 30+ tastes

Recipe source: Various

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Small Mortar and Pestle • Saucepan • Knife • Chopping Board • Food Processor • Serving Bowls 	<ul style="list-style-type: none"> • 3-4 Carrots • 2 teaspoons of cumin seed • 1 teaspoon of honey • ½ a cup of orange or lemon juice • 2 tablespoons of EVOO • 1 teaspoon of salt • 1 teaspoon of sweet Paprika

What to do:

- Wash the carrots and chop into chunks, add to pan of boiling water and cook until soft – about 15 minutes.
- Meanwhile gently toast cumin seed in a dry frying pan for a minute then bash in a mortar and pestle until finely ground.
- When the carrots are cooked add to the food processor with the cumin, honey, lemon juice, salt, EVOO and Paprika and blend until fairly smooth. Taste and adjust if required.
- Serve in bowls for each table.