

XCentric Ideas



Double-dipper: a person who inserts a chip/fruit into a dip, takes a bite and unhygienically re-dips it – essentially putting the whole mouth in the dip (*unless you have your own dip*)

All photos my own

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Biltong Dip

125 g smooth low-fat (*fat-free*) unflavored cottage cheese
30 g biltong powder (*add more if you want, it gets a bit salty*)
30 ml lemon juice
30 ml Greek double cream yoghurt (*or plain yoghurt*)
1 tsp honey
Little bit milk

Beat the first 5 ingredients together with a fork or spoon. Add little bit milk to make it 'dippable'.

Select a sweet pepper with an even bottom, hollow out and serve dip in it.

Recipe my own

Potato, Garlic, Bacon Dip

Inspired by a Greek dip, Skorthalia.

1 x 104 g packet Smash (*instant mashed potatoes*) *
500 ml boiling water
Cold milk
4 bacon pieces, cooked, cut into cubes (optional)
½ cup cheddar cheese, grated
1-2 tsp crushed garlic (optional)
Black pepper to taste
1 tsp basil pesto (optional)

Prepare the Smash according to the packet, to make 600 ml. Add enough cold milk to form a mixture, 'soupy' enough for a dip. Add the bacon, cheese, garlic, pepper & pesto - mix well and serve.

Gently peel back outer leaves of cabbage. Slice a bit from bottom of cabbage so it sits flat. Cut a circle in the top of the cabbage; hollow out cabbage to form a bowl (removed cabbage can be used as coleslaw).

If you prepare it beforehand and leave it in the fridge and it becomes 'solid', just add more milk to get the right texture.

** You can make mashed potatoes – use about 600 ml – its just too much work for me.*

A close-up photograph of a bowl filled with a creamy, light-colored dip. The dip is garnished with several fresh, vibrant green mint leaves. The bowl has a blue rim and a yellow interior. The background is a plain, light-colored surface.

Tuna Mint Dip

1 x 170 g tuna, in water, drained
250 g smooth fat-free cottage cheese
Lemon juice, *start with 1 tsp – add to taste*
1 tbsp mayonnaise
Fresh mint leaves, chopped – add as many as
you like
Freshly ground black pepper

Blend it all together. Taste – because its cottage cheese, it's 'drier' (but healthier), so if you want, you can add 1 tbsp of cream. Or you can use cream cheese.



Mushroom Blue Cheese Dip

¼ cup of boiling water
½ medium onion, sliced
20g blue cheese
250 g fat-free smooth cottage cheese

1 tsp beef stock (veg/chicken)
70 g brown mushrooms, sliced
1-2 tsp milk

You can fry the onion & mushrooms in oil. Or heat your pan, add the onion & mushrooms, then add the boiling water mixed with the stock and stir. Let it simmer till the onions and mushrooms are nice and soft. Remove from stove, add the blue cheese & milk and blend till smooth. Add the cottage cheese, stir well and serve.

Tortilla basket: Preheat oven to 180 oC. Use an ovenproof bowl/dish that's smaller than your tortilla - press the tortilla into the bowl/dish – it has to make folds. Bake in the oven for 10 minutes. Remove from oven and leave in bowl/dish to cool. Very handy bowl for any dish.



Condensed milk Coconut Passion Fruit Dip

1 can sweetened condensed milk
¼ cup passion fruit pulp
½ cup coconut milk
½ cup shredded coconut

In a blender blend the sweetened condensed milk, passion fruit pulp and coconut milk until well combined.

Add in the shredded coconut and stir well. Place in the fridge for at least two hours before serving. Serve it with sweet crackers and fresh fruit.

Serve in small jars – ideal to take on a picnic.



Pineapple Dip

250g smooth fat-free cottage cheese
1 x 432 g tin crushed pineapple, drained

Blend the cottage cheese & crushed pineapple together. If you want it more liquid-y, add some of the drained pineapple juice. It's not sweet, so if you want, you can add some castor sugar.

You can hollow out a fresh pineapple and serve it in there with fresh fruit and sweet biscuits.



Peanut Butter Strawberry Dip

1 cup peanut butter
½ cup strawberry yoghurt
½ cup icing (*powdered*) sugar

Mix well. You can add more yoghurt if you want.

Recipe my own