

# Condiments and Dips

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# Marmelade

## Ingredients

- 6 oranges
- 4 cups sugar
- 4 cups water

## Method

1. Chop fruit finely.
2. Stir in the sugar and water and leave it to soak overnight.
3. Boil until the sugar dissolves.
4. Simmer until the pith and skin have become translucent.
5. Boil until it reaches a syrupy texture.

# Mayonnaise

## Ingredients

- 2 eggs
- 1 cup canola oil
- 1 tbsp mustard
- 1 tbsp white vinegar
- 1 tsp lemon juice
- 1/2 tsp salt

## Method

1. Crack the eggs into a small mixing bowl and blend with a stick blender for 20 seconds.
2. Add mustard, vinegar, and salt, and then blend for another 20 seconds.
3. While continuing to blend, gradually add in oil by the teaspoon until 1/3 of it is added.
4. Once the mayonnaise begins to thicken, pour the remaining oil in very slowly and blend for a further 10 seconds.
5. Once done, add lemon juice to taste; add more oil and blend a little longer if this makes it too thin.

## Notes

Do not be tempted to use olive or sesame oils, they are too strong in flavour.

# Pesto

## Ingredients

- 1 cup basil
- 1 cup spinach
- 4 tbsp nuts, such as walnuts, pinenuts, almonds, or sunflower seeds
- 3 tbsp minced garlic
- 2 tbsp lemon juice
- 3 tbsp olive oil
- 3 tbsp water

## Method

1. Blend basil, spinach, nuts, garlic, and lemon juice.
2. Stir in oil and water.

# Split Pea Dip (?????)



## Ingredients

- 1 cup yellow split peas
- 1 onion
- 2-3 cups water
- 2 tbsp lemon juice
- 2 tsp minced garlic
- 1 tsp parsley
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 tsp thyme
- 1/2 tsp dill

## Method

1. Finely chop onion and sauté with garlic until translucent.

2. Wash peas and add to onion, then sauté for 2-3 minutes.
3. Add salt, pepper, parsley, thyme, and water.
4. Bring to the boil and simmer for 30-60 minutes or until peas are completely soft.
5. Stir in lemon juice and stir well until mostly smooth.

# White Sauce

## Ingredients

- 1/2 cup butter or margarine
- 4 tbsp cornstarch
- 1 tbsp minced garlic
- 3 cups milk (or almond or soy milk)
- nutritional yeast (optional)
- onion powder (optional)

## Method

1. Melt butter in a saucepan and stir in minced garlic to sauté it.
2. Add cornstarch and mix to form a roux.
3. Add milk and bring to boil while whisking to thicken.
4. Add nutritional yeast and onion powder to taste for additional umami.

## Variations

Add cheese while boiling to make a cheese sauce.

# Date Paste and Syrup

## Ingredients

- 1lb/500g dates, pitted and chopped
- 4 cups/1L water

## Method

1. Put in all saucepan and simmer for 30 minutes.
2. Blend with immersion blender and strain through cheesecloth.
3. Set paste aside, and return the liquid to saucepan for 30 minutes to thicken.

# Veganicotti: Vegan Cheesy Spread

## Ingredients

- 1 cup cashews, almonds, or sunflower seeds
- 14oz firm tofu, drained and crumbled
- 1/2 cup chopped basil
- 1/4 cup nutritional yeast
- 1/4 cup lemon juice
- 1 tbsp dried oregano

## Method

1. Blend nuts/seeds until they resemble sand.
2. Add all other ingredients to blender and process until smooth.

## Notes

Use to stuff pasta; as a dip; or as a spread.