### Mrs Last’s Group

#### Three Dips with Sesame Crisps.

**Type:** Starter  
**Difficulty:** Medium  
**Fresh from the garden:** oregano, greens, beetroot, garlic, dill, radish, mint, lemon  
**Recipe source:** A free range life; The Modern Vegetarian.

### Ingredients:

<table>
<thead>
<tr>
<th>Crisps</th>
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<tbody>
<tr>
<td>1 cup plain flour</td>
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<tr>
<td>⅓ cup wholemeal flour</td>
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<tr>
<td>2 tbsp each black and white sesame seeds or 4 tbsp just one kind</td>
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<tr>
<td>1 tbsp finely chopped fresh oregano</td>
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<tr>
<td>1 tsp salt</td>
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<tr>
<td>¼ cup extra virgin olive oil</td>
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<tr>
<td>1 tsp sesame oil</td>
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<td>½ cup water</td>
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<td>To finish: extra virgin olive oil flaky sea salt</td>
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- Healthy Green Dip
  - 1 clove garlic  
  - 50g lightly toasted (and cooled) pumpkin seeds  
  - 50g toasted (and cooled) almonds  
  - 80 – 100g greens (I used a combination of spinach, rocket, basil and coriander)  
  - 30ml apple cider vinegar  
  - 30ml extra virgin olive oil  
  - ½ teaspoon sea salt or to taste

- Beetroot Tzatziki
  - 1 large or 2 small fresh beetroot, steamed  
  - 1-2 garlic cloves, crushed  
  - A dash of red wine vinegar  
  - 3 tbsp dill, finely chopped  
  - A dash of olive oil  
  - 250g Greek yoghurt  
  - Sea salt

- Radish Tzatziki
  - 1 bunch radish, ends trimmed, washed, grated  
  - 200g Greek-style natural yoghurt  
  - 1 small garlic clove, crushed  
  - 2 tablespoons chopped fresh mint  
  - 2 teaspoons fresh lemon juice  
  - 1/2 teaspoon ground coriander

### What to do:

- Crisps.
• Preheat oven to 165°C and line an oven tray with baking paper.
• In a mixing bowl stir together the flours, sesame seeds, oregano and salt.
• Mix the oils and water together and add to the dry ingredients, stirring to form a soft, pliable dough.
• Divide the dough into 4 pieces and roll each out on a lightly floured board as thinly as possible.
• Each piece of dough should yield a rectangle about 34 x 16cm. Cut each rectangle into strips measuring about 4 x 17cm and roll again.
• They need to be virtually see-through.
• Carefully transfer strips to a baking tray, brush lightly with oil and sprinkle with flaky salt.
• Bake until crisp and pale golden – about 15 minutes.
• Allow to cool fully

**Green Dip**
- Whiz all ingredients together in a kitchen whiz or blender

**Beetroot Tzatziki**
- Coarsely grate the beetroot and mix with the garlic, vinegar, dill and olive oil.
- Add the yoghurt, mix well then season.
- Chill before serving to allow the flavours to infuse.

**Radish Tzatziki**
- Combine radish, yoghurt, garlic, mint, lemon juice and coriander in a small bowl
- Season with salt and pepper to taste.
- Cover and place in the fridge to infuse.