



# Cheese Dips and Dunks

Cheesy dips and dunks are always great for a party as everyone loves nibbling on a selection of fresh vegetables and crisps.

## Equipment

1. One 225g packet of full-fat soft cheese (you can use low-fat soft cheese if you prefer the dip to be healthier and taste a little bit less rich).
2. Sixty millilitres (that's 4 tablespoons) of milk.
3. A small bunch of fresh chives, washed.
4. One small carrot, washed.
5. A selection of vegetables for dunking, all washed and dried. For example some cucumber, red, orange and yellow peppers, baby sweetcorn and eight or ten cherry tomatoes.
6. Some plain crisps or tortilla chips.



## Safety Stuff

Be especially careful when you try any of these projects. Kitchens are very dangerous places: most things seem to be very hot or very sharp! Always check with an adult before you begin, and make sure they know what you're going to make.

Read through the recipe before you start. Write out a list of what you need, but have a look in the cupboards before you go shopping, in case there are any ingredients that you already have and so won't need to buy. If there are, check with an adult before you use them. Otherwise you might have eaten somebody else's tea! Before you start cooking, make sure that where you're going to be working is clean and tidy. Have everything ready that you'll need, but clear away any extra items so that you have plenty of space to work in. Successful cooking requires a lot of time and patience, so you need to be well organised and prepared right from the start.

Always wash and dry your hands before you begin. If your hair is long, tie it back while you're cooking. You should also wear an apron to protect your clothes (plastic ones work very well) and remember to roll up your sleeves!

It will be very useful to have an adult around to help you when you work. You'll often need to use sharp knives, scissors or electrical equipment when preparing food, so make sure you're especially careful with these as they can be dangerous.

You should also ask an adult to help you when you're transferring food to or from the oven or stove top. Always turn saucepan or frying pan handles to the side of the cooker, so you don't catch yourself on them, and use oven gloves when you're handling hot things. Otherwise you're likely to drop your food all over the floor, as well as burn your fingers!

Don't touch electrical equipment, plugs or switches when your hands are wet as you might get an electric shock, and never leave the kitchen when something is cooking - you don't know what might happen whilst you're gone!

If you spill things, clear it up straight away (use a clean, damp cloth to wipe work surfaces). You should also clear up anything that is spilt on the floor so it doesn't become slippery. (Don't use the same cloth to wipe your work surfaces and the floor.) Keep a rubbish bin nearby when you're cooking, so that you can easily put things in it as you go along, rather than letting the rubbish pile up.

Leave the kitchen tidy when you finish, otherwise you might not be allowed back in for a while!

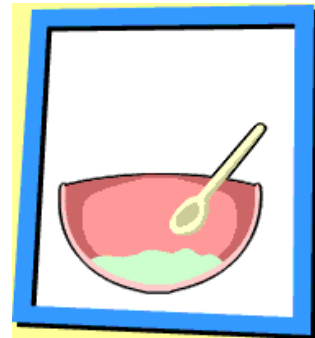
## Steps

### Step One

Start by preparing the dip.

Spoon the soft cheese into a bowl and beat it with a wooden spoon until it is soft and creamy.

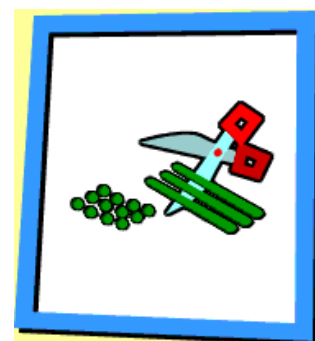
Then add the milk to the cheese, bit by bit, making sure that you beat the mixture well after you add each bit of milk.



### Step Two

Continue beating the mixture for about two minutes - or until your arms can't do any more! You can add some more milk to make the dip a bit runnier, if you need to.

Use a pair of scissors to cut the chives finely (that's into pieces about 2mm long) and stir them into the cheese mixture. Don't use all of the chives, though - save a few to put on top of the dip at the end. (If you can't find any chives you could use the tops from spring onions instead, cutting them into small pieces with some scissors.)



## Step Three

Peel the carrot and then grate it using the smallest holes on a cheese grater. Put some of the grated carrot aside (for later) and stir the rest into the cheese mixture.

Next, spoon the completed cheese mixture into a bowl and sprinkle the remaining chives and grated carrot on the top.

It is now time to prepare the vegetables for dunking. Cut the cucumber, peppers and baby sweetcorn into long, thin strips. If you have a crinkle-bladed knife then you could use this, to give the vegetable strips a crinkled effect.

## Step Four

When the dip and dunking vegetables are ready, decide on the best way of arranging them on a serving plate. Which colours go together to make an attractive display? Where's the best place for the bowl of dip?



## Step Five

Why not try some celery or carrot sticks, cauliflower florets or even slices of apple and radishes? These will all make tasty dipping vegetables and will add some variety to your snack.

It's often a good idea to mix different tastes like this (such as mixing apples and peppers, which are sweet, with celery and radishes, which have a very different taste). This way you can make very interesting food combinations.