

Taste the Hills

Recipes and Tips

Roast Pepper Dip

This is a delicious way of using sweet peppers and you can make it as fiery or mild as you like. You could make it more substantial by adding chick peas or white beans but remember that this will dilute the flavours. Enjoy as a starter with plenty of pitta or think of it as a glorious relish to spice up pretty much anything. Goes very well with fried eggs!

- 4 large red peppers or a bag of mixed small peppers.
- 250ml olive oil
- 6 garlic cloves, peeled and sliced
- 75g walnuts, toasted or dry fried for a few minutes
- 75g breadcrumbs or crumbled bread without the crusts
- Juice of 2 lemons
- 2 tsp ground cumin
- 2 tsp honey
- 1 tsp finely chopped red chilli (or less)
- Salt and black pepper

Preheat oven to 200 degrees. Cut large peppers in half and remove the ribs and seed or leave smaller ones whole. Coat with a little of the oil. Bake until blackened and remove as much skin as possible.

Put everything in a food processor while the peppers are still warm and blitz until smooth. Taste and season.

Serve straight away or store in the fridge but it's much better if you can take it out of the fridge to un-chill before eating.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre



Pop up kitchen sponsored
by Ludlow Food Festival

Shropshire Hills Discovery Centre –
the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk



Charity no: 1158795