

Recipes

Cheese and chive dip

- 4 tbsps greek yoghurt
- 4 tbsps mayonnaise
- 100g mature cheddar
- Handful of fresh chives, chopped finely

Method

Combine Greek yoghurt and mayonnaise, grate the cheese finely. Add the cheese and stir in with the chives.

Hummus

- 400g chickpeas
- 1 tbsp tahini
- 2 tbsps yoghurt
- ½ clove garlic
- Juice of ½ lemon
- Pinch cayenne pepper

Method

Put all the ingredients in a deep bowl and blitz, add a sprinkle of cayenne.

Red pepper hummus

- 1 red pepper
- Basic hummus (see above)

Method

Sit your pepper in a dry pan, on a low heat. The skin will split and it will slowly cook. Keep turning it. When cooked add to the basic hummus and blend.

Smoked mackerel pate

- 2-3 smoked mackerel fillets
- 3 spring onions, finely chopped
- 100g quark
- 1 tbsp fresh parsley
- 1 tbsp lemon juice
- Black pepper

Method

Remove skin from fillets, flake fish into a bowl. Mix the fish, onions and quark together well. Season with pepper, add the parsley and lemon juice to taste.