

TARLA DALAL
INDIA'S #1 COOKERY AUTHOR

chips & dips



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INTRODUCTION

Chips and Dips as the name suggests, provides an insight into the exciting world of chips and dips, and provides a collection of delectable dips and scrumptious chips for all food lovers, even the calorie-conscious ones!

Chips and Dips offers a fabulous variety of recipes with something for every food lover depending on your tastes and preferences, from extra-rich and savoury combos to amazingly low-fat and subtle choices. Inspired by a range of ethnic traditions, the recipes include old and new favourites for bean, vegetable, cheese, and lentil dips and unbeatably tasty chips to go with them. Served hot or cold, these irresistible snacks are sine qua non for entertaining, and compliment every party for every occasion.

More than being interesting appetisers, chips and dips can be seen as starters, as they go well with various alcoholic and non-alcoholic beverages in parties and other social gatherings. These are small bite-sized titbits, which tease rather than appease your appetite, leaving you craving for more.

What makes chips and dips a universal favourite among hosts and guests alike is the fact that they are not only tasty but also very easy to make and serve. Most of them can be

made in large volumes and stored in the refrigerator, and then served directly to guests. It would be a hassle-free dish to serve in parties because it can be made ahead of time. You can have hot as well as cold dips and serve these with an array of chips and crudités, which can be made at home in various shapes and sizes according to the temperament of the calorie-conscious guests.

The book includes sections like hot and cold dips, fondues, quick dips, and chips. It has evergreen traditional favourites as well as innovative new ones and low-cal variations for the health conscious foodies. Recipes like Green Mayonnaise, Asparagus Fondue, Achaari Dip, Chocolate Fondue, and Mango Salsa, are sure to excite your gastronomic juices and stimulate you to go straight to the kitchen and put together some interesting chips and dips right away.

Tarda Dardar

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* This indicates sweet dips

✿ Walnut Vegetable Paté ✿

The walnut vegetable pate serves as an interesting appetiser. Subtle flavour of garlic mingled with walnuts and vegetables to make a delectable paté.

Preparation time: 10 minutes. Cooking time: 2 minutes.
Makes approx 1 cup.

¼ cup walnuts (*akhrot*)
1 cup finely chopped mixed vegetables (mushrooms, spring onions, carrots, capsicum)
1 tsp chopped garlic
½ tsp mixed dried herbs
2 tsp olive oil
Salt to taste

For serving
Toasted Triangles, page 88
Tabasco sauce
Few torn lettuce leaves
Cherry tomatoes, halved

1. Heat the oil in a pan, add all the vegetables and sauté for 2 minutes. Remove and keep aside.
2. Combine the walnuts, sautéed vegetables, garlic, mixed dried herbs and salt together and blend in a mixer with a little water to a grainy purée.

For serving

Place a small piece of lettuce on toasted triangles. Spoon out little paté on the leaves and top with few drops of Tabasco sauce.

Garnish with half of cherry tomato and serve immediately.

Walnut Vegetable Paté



✿ *Mango Salsa* ✿

This colourful, delicious and easy-to-make dish combines fresh coriander leaves with the tantalizing flavour of mango to create a unique salsa.

Preparation time: 10 minutes. Cooking time: Nil. Makes approx. 1¼ cups.

½ cup chopped ripe mangoes
½ cup chopped tomatoes
1 tbsp chopped celery
2 tbsp chopped spring onion whites
1 tbsp chopped capsicum
½ tsp dry red chilli flakes
Salt to taste

For serving
Tortilla Chips

1. Mix the mangoes and tomatoes in a bowl and lightly mash them with the back of a spoon.

2. Add the remaining ingredients, mix well and let them marinate for atleast one hour in the refrigerator.

Serve chilled with baked tortilla chips.

Handy tip: Add a few drops of lemon juice if the salsa is too sweet.

Variation: **Peach Salsa**

Substitute $\frac{1}{2}$ cup of chopped mangoes with $\frac{1}{2}$ cup of chopped fresh peaches.

Mango Salsa



Tahini Dip & Lavash



Chips and Dips introduces you to the exciting world of munchies and crunchies, and all the delectable dips worth dipping them into! Chips and Dips make terrific appetisers and are also the first choice for a snack any time during the day, and in any season.

Nothing could be more fun than experimenting with various ingredients in the kitchen and conjuring up a delightful and delicious snack. This book will help you do just that, for it presents not only a collection of traditional evergreen dips and chips but also innovative versions with unique combinations of ingredients, and some interesting low-calorie options as well. Some of the recipes also have an interesting Indian touch.

Chips and Dips are always a favourite at any party, and Tarla Dalal has created more than 40 recipes to please every food lover and chef. These include the famous **Pita Bread, Lavash**, and other interesting breads and chips, and **Babaganoush, Hummus** and other delectable dips to complement them.

Do dig into these dips with some crunchy chips and enjoy a delectable snack, whipped up with love and care in your own kitchen for you and your family.

Tarla Dalal



“Padma Shri” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

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