



Whipped 1,000 Isle Dip

By Erin Fletter

Prep Time 15 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

whip: to beat food with a whisk or mixer to incorporate air and produce volume.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

adjust: to change seasonings or consistency to one's taste or to alter portion sizes.

Equipment

- ☐ Mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Citrus juicer (optional)

Ingredients

Whipped 1,000 Isle Dip

- ☐ 1/2 cucumber, optional

- ☐ 1/4 C ketchup
- ☐ 1/4 C mayonnaise ****(for EGG ALLERGY sub sour cream or coconut cream)****
- ☐ 1/4 tsp onion or garlic powder
- ☐ 1 tsp soy sauce ****(for GLUTEN/SOY ALLERGY sub coconut aminos)****
- ☐ 1 pinch salt
- ☐ 2 tsp brine from Quick-Pickled Cabbage
- ☐ 1/2 orange, juiced

Food Allergen Substitutions

Whipped 1,000 Isle Dip

Egg: Substitute sour cream or coconut cream for mayonnaise.

Gluten/Wheat/Soy: Substitute coconut aminos for soy sauce.

Instructions

Whipped 1,000 Isle Dip

dice + grate + measure

Dice or grate **1/2 cucumber** if using and add it to a mixing bowl. Measure and add to the bowl **1/4 cup ketchup, 1/4} cup mayonnaise, 1/4 teaspoon onion powder, 1 teaspoon soy sauce, 1 pinch of salt, 2 teaspoons brine** from Quick-Pickled Cabbage (if making), and the juice from **1/2 orange**.

whip + top

Whip until combined and top a salad, burger, or sandwich, like our **Tasty Toasted Portobello Reuben Sammies** with the dip and enjoy!