Preparing and Garnishing Vegetables

Vegetable preparation for dipping:

Carrots- wash, pare if desired, julienne or cute diagonal waffles (for length)

Cauliflower/broccoli - wash, break into small florets

Celery- wash, julienne

Green pepper- wash, remove seeds, cut into thin strips top to bottom

Mushrooms- wash, if large cut into 4ths top to bottom or thick slices

Olives- drain from jar, remove pit if not pitted

Radishes- wash, trim ends, make “roses”

Arrange vegetables attractively on a serving platter (often dip is placed in a small bowl in the center).

Try a fancy technique for cutting!

**Prepare one of the following dips to share with the class:**

Dill Dip:

½ cup sour cream

1/3 cup mayonnaise

½ T. Parsley flakes

1 t. dill weed

1 t. salt

Spicy Sour Cream Sauce

½ cup sour cream

1-2 t. hot sauce

Salt and pepper

Ranch Dip:

½ cup sour cream

¼ packet Hidden Valley Ranch powder

2 T. chives

Onion Dip:

½ cup sour cream

1/4 packet onion soup mix