
DIPS
Classic & timeless dips

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- CRAFTSMANSHIP -
SPREADS / DIPS basics & usage ✓

Courses: Bread spread / dip
Collections: PURPOSE & HISTORY
Source: OCTOPUS OCEAN - Germany



Ingredients

Discovering the universe of spreads / dips:

A Tasty Adventure

For thousands of years, spreads / dips have been a staple of human food. Early societies flavoured their bread with oil, herbs, and other locally accessible ingredients. The range of spreads / dips that were accessible grew over time along with trade and cultural interaction. The nutritional content of a meal can be greatly impacted by the spread / dip chosen.

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

A dip or dip sauce is a common condiment for many types of food. Dips are used to add flavour or texture to foods such as pita bread, crackers, raw vegetables (crudités), seafood, diced meat & cheese, potato chips, tortilla chips, falafel and sometimes even whole sandwiches in the case of gravy. Unlike other sauces, the sauce is not poured over the food, but the food is usually dipped or pressed into the sauce. Dips are often used for finger food, appetisers and other types of food. Thick dips based on sour cream, crème fraîche, yoghurt, mayonnaise, white cheese or beans, avocado or aubergine are thicker than spreads, which can be diluted to make dips.

NOTES

Greece and Turkey are real dip strongholds, where they are part of the variety of mezze, the famous sumptuous starter platters. Well-known dips include tzatziki, feta creams and avocado dips. Hummus and baba ganoush come from Arabic cuisine – these are creamy dips made from chickpeas or aubergine, sesame paste and spices.

FOOD SAFETY

Maintaining freshness & quality of bread spreads requires careful handling & storage. To extend their shelf life and avoid spoiling, bread spreads must be kept in the refrigerator. To avoid contamination and spoiling, bread spreads must be handled care-ully and hygienically in addition to being stored properly. This entails cleaning your hands well both before and after handling bread spreads, as well as using clean tools & utensils.

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- CRAFTSMANSHIP -
Tzatziki, the classical way ✓



Courses: Bread spread / dip
Collections: Greek recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 400 g Cucumbers, fresh
- ☐ 4 cloves of Garlic
- ☐ 700 g Greek yoghurt (10% fat)
- ☐ 2 tbsp Olive oil
- ☐ 4 tbsp Lemon juice
- ☐ Salt
- ☐ Pepper black, freshly ground
- ☐ a dash of Sugar

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Peel the cucumber, cut it in half lengthwise and remove the seeds with a teaspoon.

Then grate it coarsely.

Squeeze the grated cucumber to remove the excess liquid.

Peel the garlic, press it through a garlic press or chop it very finely.

Mix the yoghurt, olive oil and lemon juice.

Add the cucumber & garlic.

Season the tzatziki with salt, pepper & a little sugar.

NOTE

Idea for a protein-rich dinner, light &perfect for those days when you fancy something fresh, healthy & uncomplicated

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SOURCE Come Vive Viaja

- CRAFTSMANSHIP -
Avocado, eggs, onion & yogurt ✓



Courses: Bread spread / dip
Collections: Levantine recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 2 Avocado, fresh
- ☐ 6 Eggs, fresh
  (boiled for 7 min. is perfect)
- ☐ 1 Onion red, finely chopped
- ☐ 250 gr Greek yogurt
- ☐ Chives, thinly sliced (if available)
  Alternative:
  Spring onions only the green
- ☐ 2 tbsp Olive oil
- ☐ Pepper, garlic pwd, chili flakes
  ... and salt to your own taste

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. In a bowl, mix the avocado, boiled eggs, onion, yogurt, chives, olive oil, spices & salt.
2. Mash everything well with a fork until creamy.

NOTE

Idea for a protein-rich dinner, light &perfect for those days when you fancy something fresh, healthy & uncomplicated

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SOURCE Come Vive Viaja

- CRAFTSMANSHIP -
Egg, cottage cheese & avocado ✓



Courses: Bread spread / dip
Collections: Modern culinary creation
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 3-4 Eggs, fresh
- ☐ 100 gr Cottage cheese
- ☐ 0,5 Avocado, ripe
- ☐ 2 tbsp Dill, fresh & cut
- ☐ 1 tbsp Lemon juice
- ☐ 1 tsp Mustard
- ☐ Spices of your choice

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Carefully boil the eggs for about 8 min.
Plunge them into ice-cold water, peel them, and cut in half.
Place the egg halves in a medium-sized bowl.
Carefully pit & peel the ripe avocado.
Cut the avocado into strips.
Add the cottage cheese to the eggs & garnish with the avocado.
Wash the dill & spin dry.
Carefully cut the dill (do not chop, otherwise the dill will turn gray).
Sprinkle the dill over the other ingredients in the bowl.
Add the lemon juice.
Finally, add the mustard.
Mix everything with a fork until smooth & homogeneous.
Season to taste with spices of your choice.

NOTE

This is truly a protein-rich spread that outshines any commercially produced sausage or cheese. Absolutely top notch in terms of health benefits.

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- CRAFTSMANSHIP - Guacamole ✓



Courses: Bread spread / dip
Collections: Mexican recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 2 Tomatoes
- ☐ 2 Lemons, organic (bio)
- ☐ 2 Garlic gloves
- ☐ 2 Avocado
- ☐ 1 tsp Coriander, ground
- ☐ 1 tsp Chili flakes
- ☐ a pinch of Salt
- ☐ a pinch of Pepper

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Wash & dry the tomato, remove the stalk and finely dice. Wash the lime in hot water, dry, grate the zest and squeeze the juice.

Peel & finely chop the garlic, sprinkle with a little salt and crush (carefully) into a paste with the back of a knife.

Halve the avocado, remove the stone, scoop out the flesh with a spoon and dice coarsely. Then mash finely in a bowl with a fork.

Mix all the ingredients together with a fork, and season to taste with coriander, Chili flakes, salt & pepper.

NOTE

Guacamole originates from Mexico.

The name translates as “avocado sauce”.

Guacamole is used primarily in Mexican cuisine, but also in Tex-Mex cuisine.

Guacamole can be used as a dip with tortillas and/or crisps and similar snacks. It also tastes great as an accompaniment to meat and fish, baked potatoes or as a spread on bread.

It can also be used to refine & season sauces and soups. Guacamole can be served as an accompaniment to almost any dish.

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- CRAFTSMANSHIP -
Hummus with chickpea ✓



Courses: Bread spread / dip
Collections: Levantine recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 265 g Chickpeas, tinned
- ☐ 90 ml Lemon juice
- ☐ 10 ml Olive oil
- ☐ 10 gr Garlic, fresh
- ☐ 2 tsp Coriander powder
- ☐ a dash smoked Paprika powder
- ☐ a pinch of Salt

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Drain the chickpeas from the tin through a sieve. Collect 50 ml of chickpea water and set aside a few chickpeas for decoration.

Set everything aside.

Peel & chop the garlic.

Wash & dry spin the parsley than chop thinly.

Place the lemon juice, garlic, parsley, coriander powder, salt & paprika powder in a blender & blend until smooth. Slowly pour the chickpea water into the blender while it is running. Blend until a light, fluffy mixture is formed.

Now add the chickpeas, olive oil and blend until you have a creamy, smooth mixture.

Garnish with the reserved chickpeas.

Enjoy!

NOTE

Store your Baba Ganoush hummus in a sealed container in the refrigerator. It will keep 4 to 7 days in the refrigerator. Discard it if you detect an unpleasant odour / flavour or if you see any mould.

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- CRAFTSMANSHIP -
Remoulade with gherkin & caper ✓



Courses: Bread spread / dip
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 2 Eggs, fresh
- ☐ 75 gr Onions
- ☐ 75 gr Gherkin, pickled
- ☐ 1 tbsp Gherkin brine/water
- ☐ 2 tbsp Capers
- ☐ 200 g Mayonnaise
- ☐ 100 g Greek yogurt
- ☐ 3 tsp Oil
- ☐ Salt & Pepper to your own taste
- ☐ 1 pinch Sugar

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ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Put a small pot of water on to boil so you can cook the eggs straight away. Once the water is boiling, add the eggs and boil them until hard (13-15 min). Then rinse them under ice cold water.

In the meantime, peel and thinly dice the onion.

Then thinly dice the gherkin.

Chop the capers.

Then mix the yogurt & the mayonnaise, add the prepared gherkin, gherkin brine & capers.

Now heat a frying pan with a little oil over medium heat. Once the oil is hot, add the diced onions and sauté until translucent (approx. 2-3 min).

Then transfer the onions to a bowl & leave to cool (approx. 5 min).

In the meantime, peel the cooled eggs & cut them into small cubes. Now add the egg cubes and cooled onions to the remoulade and stir gently.

Finally, season the remoulade with salt, pepper and a pinch of sugar to your own taste.

Enjoy!

NOTE

Fried potatoes with remoulade are a popular and delicious side dish. Crispy fried potatoes are perfectly complemented by the creamy, slightly tart remoulade.

- CRAFTSMANSHIP -
Skordalia, potatoes with garlic ✓



Courses: Bread spread / dip
Collections: Greek recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 900 gr Potatoes, peeled & cubed
- ▢ Salt
- ▢ Pepper, black, freshly ground
- ▢ 10 Garlic cloves, peeled
- ▢ 125 ml Lemon juice
- ▢ 375 gr Olive oil

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

After putting the cuberd potatoes in a large colander, rinse them under cold water until the water is clear. Place the potatoes in a saucepan with enough water to cover them by at least 5 cm. Make sure the water is sufficiently salted. Bring to a boil over high heat, then lower the heat to medium-low and simmer for 10 to 15 min., or until the potatoes are well cooked (a knife inserted into the potatoes should break them without any resistance). Drain the potatoes in the same colander for 30 sec. Set the potatoes aside for 5 to 7 min. to allow excess moisture to evaporate.

Put the peeled garlic gloves & the lemon juice in a food processor. A generous pinch of salt should be added. Process the mixture until it becomes a paste.

Use a masher to thoroughly mash the potatoes.

Combine the potatoes, garlic purée, and olive oil.

This is where the magic takes place! Using a wooden spoon, mix the potatoes with about half of the olive oil, adding a small amount at a time. Add the garlic purée and gradually add the olive oil (a fluffy potato dip is what you want to achieve). Taste and add salt to your liking. To blend, mix once more.

Garnish with coarsely ground black pepper after drizzling generously with olive oil.

NOTE

Serve cold (if you decided to cool earlier) or at room temperature.

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- CRAFTSMANSHIP -
White Bean Hummus ✓



Courses: Bread spread / dip
Collections: Levantine recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 125 ml Olive oil
- ☐ 2 tbsp Garlic, coarsely chopped
- ☐ 900 ml White beans, (Cannellini beans, or Navy beans, rinsed & drained)
- ☐ 60 ml Lemon juice, fresh
- ☐ 1 tsp Cumin, ground
- ☐ 2 tbsp Parsley, fresh washed drained, finely chopped
- ☐ 1/2 tbsp Salt
- ☐ 1 tsp White pepper, optional
- ☐ Cayenne pepper or paprika, (optional) to your own taste

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Craftsmanship - a culinary voyage

Directions

Gather the ingredients.

Combine the olive oil and garlic over medium to low heat until the garlic is very lightly browned, being careful not to burn. Let cool slightly and strain, reserving both the oil and the garlic.

Place the white beans in a food processor or blender, and add the garlic, lemon juice, cumin, and parsley. Process until smooth. Carefully pour in the reserved olive oil while the food processor or blender is running and process until light and smooth.

Season your white bean hummus with salt, white pepper, and a touch of cayenne pepper or paprika for a colourful garnish.

Serve cool with pita bread, bagel chips, tortilla chips, or an array of freshly chopped vegetable baby carrots or carrot sticks, celery sticks, bell pepper slices.

NOTE

Like almost all homemade hummus recipes, this white bean hummus dip is completely vegetarian, vegan, and safe for anyone on a gluten-free diet.

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- CRAFTSMANSHIP -
Baba Ganoush Hummus ✓



Courses: Bread spread / dip
Collections: Levantine recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 1 Eggplant, large
- ☐ 425 gr Chickpeas, drained
- ☐ 3 Garlic cloves
- ☐ 60 ml Lemon juice
- ☐ 3 tbsp Tahini
- ☐ Salt - just a dash
- ☐ 60 ml Olive oil
- ☐ 2 tbsp Parsley, fresh, washed & chopped

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Gather the ingredients.

Slice the eggplant in half.

On a baking sheet, roast the eggplant in a 200° C. oven for approximately 45 min., or until soft.

Remove the eggplant from the oven and allow it to cool slightly, then scoop out inside of eggplant, leaving skin behind.

In a blender / food processor, combine eggplant, chickpeas, garlic, lemon juice, tahini, and salt until smooth. The mixture will be somewhat thick. Slowly incorporate the olive oil until well mixed. Mix in the optional fresh chopped parsley by hand.

Serve baba ghanoush hummus with veggies, pita (or any other kind of flatbread), or as a sandwich spread.

To serve, drizzle with a little bit of olive oil and sprinkle with chili powder, paprika or cumin for a bit of colour.

NOTE

Store your Baba Ganoush hummus in a sealed container in the refrigerator. It will keep 4 to 7 days in the refrigerator. Discard it if you detect an unpleasant odour / flavour or if you see any mould.

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- CRAFTSMANSHIP - Tapenade ✓



Courses: Bread spread / dip
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 5 Garlic cloves (10 g)
- ☐ 900 g Kalamata black olives, pitted
- ☐ 10 tbsp Capers (120 g)
- ☐ 10 tbsp Olive oil (100 ml)
- ☐ 2,5 tsp Lemon juice
- ☐ 0,5 tsp Black pepper, ground

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Craftsmanship - a culinary voyage

Directions

1. Peel and roughly chop the garlic.
   Drain the olives & capers in a sieve.
2. If you've got a food processor, you can process all the ingredients for a few seconds. Don't process too finely, since tapenade should not be completely smooth, but more of a thick & chunky paste. Of course, you can also process it to whatever texture you prefer.
   (If you don't have a food processor, finely mince the olives, capers & garlic, then combine with all the other ingredients, mixing well.)
3. Season to taste with ground black pepper.
4. Serve the tapenade with crackers, flatbread, baguette, or slices of toasted artisan bread.

NOTE

Olive tapenade does not need to be refrigerated before serving, but leftovers should be always stored in the refrigerator. When refrigerated, it will keep for several days after preparation.

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- CRAFTSMANSHIP -
Ajvar - Feta - cream ✓



Courses: Bread spread / dip
Collections: Balkans recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 200 g Feta cheese
- ▢ 200 g Cream cheese (Philadelphia)
- ▢ 250 g Ajvar, mild paprika paste

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Mash & crumble the Feta with a fork.

Mix with the cream cheese & Ajvar.

Stir gently & continue mashing if necessary until smooth.

Place the dip in the refrigerator until ready to serve.

IMPORTANT NOTE

Ajvar is made from peppers and therefore does not keep as long in the refrigerator.

Consume the Ajvar - Feta dip within 3-4 days.

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- CRFTSMANSHIP -
Aioli, garlic at is best ✓



Courses: Bread spread / dip
Collections: Spanish recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 3 Garlic cloves
- ▢ 300 g Mayonnaise
- ▢ Salt
- ▢ Freshly ground white Pepper
- ▢ a little Lemon juice

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Peel & finely chop the garlic.

Sprinkle a little salt over the chopped garlic and purée (very carefully) it with a large knife blade, keeping the blade facing away from you.

Mix the mayonnaise & garlic purée.

Season the Aioli to taste with salt, pepper & lemon juice.

NOTE

Easy and safe to make without eggs.

Aioli is served alongside meat, seafood, pizza, and vegetables as well as as an appetizer with bread or olives. A comparable cream is known as Toum in Lebanon.

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