



DELICIOUS DIPS



Dips are a very popular food because they are versatile, easy to fix, and are a great way to serve a crowd. They can be hot or cold, sweet, salty, meaty, garlicky, spicy.... Even though dips can be found worldwide and have been around for hundreds of years in various forms, they are basically a twentieth century invention in this country. It is believed that the rise to fame of dips occurred after the 1940 publishing of James Beard's book Hors d'Oeuvre and Canapés.

When mixing a dip do so in a large bowl, not the serving bowl. You need room for thorough blending of ingredients.

For chilled dips, cover with plastic wrap to help keep unwanted refrigerator odors from mingling with the dip.

Most dips benefit from a resting period after mixing and before serving. After a resting period, you may need to taste and adjust the seasonings of the dip. You might need to add a little more salt, pepper, or even lemon juice. If the dip tastes too salty you may be able to help it by adding some sour cream or yogurt. Do not add mayo in this case since mayonnaise contains salt.

Some dips thicken upon resting. If the dip is too thick it can be thinned with a splash of milk, broth, olive oil, or water depending on the liquid used in the dip.

Remember that dips containing meats, fish, or mayonnaise should not sit out at room temperature for longer than two hours. One way to keep the dip cold is to freeze a scooped out round loaf of bread for about three hours. Fill it, and then you can usually let it sit out for about three hours.



When serving dips, use unique dip holders like a loaf of bread, a head of cabbage, a large squash, or a brightly colored bowl. Be creative!

What to dip: potato chips tortilla chips pita chips corn chips crackers bread pretzels broccoli cauliflower carrots celery cucumbers zucchini radishes cherry tomatoes red / green pepper strips fruit



notes from: dip it by Rick Rodgers

WHO DOESN'T LOVE DIP?!

BECKY'S FRUIT DIP

Rebecca Thompson (Karen Cahill's daughter)

1 - pkg. French Vanilla instant pudding
12 - oz. Cool Whip
1 t. vanilla

Thaw Cool Whip. Mix all ingredients together. Use any fruit to dip.

PECAN CRANBERRY SPREAD

1 - 8 oz. cream cheese
 $\frac{1}{2}$ c. dried cranberries, chopped
 $\frac{1}{2}$ c. chopped pecans
 $\frac{1}{4}$ c. orange juice concentrate

Using an electric mixer, beat the cream cheese until soft and fluffy. Add the pecans, cranberries and orange juice concentrate to the cream cheese. Stir to combine all ingredients. Yields approximately 2 cups
Serve with cookies or crackers.

SKINNY OREO PUDDING DIP

Frugal Girls

1 - pkg. instant Oreo Pudding
Cool Whip
2 c. skim milk
Graham crackers

Combine pudding with milk and stir until starting to set up. Refrigerate for 30 minutes. Spoon into one side of a long plate. Spoon the Cool Whip into the other side of the plate. Use a spoon to glide back and forth, mixing slightly into each other but not entirely. Crumble graham crackers over the top. Serve with graham crackers or Teddy Grahams.

LAYERED DESSERT DIP

4 oz. whipped cream cheese
 $\frac{1}{4}$ c. ea. chocolate morsels, $\frac{1}{4}$ c. coconut flakes & $\frac{1}{4}$ c. peanut butter morsels
1 T. chocolate sprinkles
 $\frac{1}{4}$ c. chopped pecans

Spread cream cheese in a 5 $\frac{1}{4}$ " diameter/ 2" tall dish. Sprinkle with chocolate and peanut butter morsels, pecans, coconut flakes and then pile sprinkles in the center. Microwave at 50% power for about 3 min. just until warm. Serve with graham crackers. Serves 4

APPLE DIP

Farm Bureau Cookbook

1 - 8 oz. cream cheese, softened
1 c. brown sugar
1 t. vanilla
 $\frac{3}{4}$ c. chopped cocktail peanuts

Beat together cream cheese, brown sugar and vanilla until smooth. Mix in chopped peanuts; chill. Serve with apple wedges.

APPLE TOFFEE DIP

2 - 8 oz. cream cheese
 $\frac{1}{4}$ c. sugar
1 pkg. Heath bits or crushed Heath bars
 $\frac{3}{4}$ c. brown sugar
1 t. vanilla
Mix ingredients together and serve with apples or graham crackers.

VELVEETA DIP

Carol Ropp

Brown one pkg. of Jimmy Dean original sausage and drain. Place in slow cooker. Add one large brick of Sharp Cheddar Velveeta and Rotel. Stir occasionally until the cheese melts. Serve with Tostitos.

MIMI'S SAUSAGE DIP

Cooking Channel

8 oz. cream cheese, diced
Rotel tomatoes and chiles
Scoop chips for dipping
6 oz. - sausage
Kosher salt and pepper

Cook sausage - breaking it up into little pieces until it is done. Drain. Reduce the heat to medium, and add the tomatoes. Simmer, breaking the tomatoes up with the spoon, until softened and slightly reduced, 3-5 min. Add the cream cheese. Stir until the cream cheese melts and the mixture is combined. Season with salt and pepper. Adjust the consistency with up to $\frac{1}{4}$ c. of water if the dip is too thick. It should be the consistency of thick cream but not as thick as pudding. Serve warm with chips.

REUBEN DIP

1# chopped corned beef
4 c. shredded cheddar
1 c. mayonnaise
4 c. Swiss cheese
2 c. drained sauerkraut

Combine all ingredients and bake at 350 degrees for 15-20 min. Serve with rye crackers.

HOT BEEF DIP

8 oz. cream cheese
2 T. milk
2 $\frac{1}{2}$ c. dried beef, cut small
2 T. finely chopped green pepper
 $\frac{1}{8}$ t. pepper
 $\frac{1}{2}$ c. sour cream
 $\frac{1}{4}$ c. chopped pecans
2 T. minced onions

Mix cheese with milk and add dried beef. Add onions, green peppers, pepper and sour cream. Spoon into dish and top with pecans. Bake at 350 degrees for 15-20 min. Can be refrigerated a day ahead.

COLORADO DIP

Karen Cahill

1 pkg. frozen spinach, well drained
2 cans (6oz. ea.) drained chicken
1 c. drained and rinsed black beans

4 - c. shredded taco cheese
8 oz. salsa
1 small can sliced black olives

Combine all ingredients and heat at 350 degrees for 30 minutes or until heated through. Serve with taco chips.

BOBBY'S HOT TOMATO, JACK, AND CRAB DIP

Bobby Deen from Paula Deen's The Deen Family Cookbook

8 oz. cream cheese, softened
 $\frac{1}{2}$ c. mayonnaise
1 # lump crabmeat, well drained
 $\frac{1}{4}$ c. chopped green onions
2 cloves garlic, finely chopped
 $\frac{1}{2}$ t. crushed black peppercorns.
Crackers or crusty bread for serving

1 c. grated pepper Jack cheese
2 T. freshly squeezed lime juice
1 c. seeded, diced tomatoes
 $\frac{1}{4}$ c. chopped fresh basil
 $\frac{1}{4}$ t. salt
2 avocados

In a large bowl, mix together the cream cheese, pepper Jack, mayonnaise and lime juice until smooth. Fold in the crabmeat, tomatoes, green onions, basil, garlic, salt and pepper. Smooth the mixture into a 1 quart baking dish. Bake at 350 degrees until golden and bubbly - about 30 min. Dice the avocados and sprinkle them over the crab dip after it has cooled slightly. Serve warm with crackers or crusty bread.

SIMPLE CRAB DIP

Carol Ropp

Spread 8 oz. cream cheese, softened, into a pie plate. Top with 6 oz. drained crabmeat. Top with Hoffman House Cocktail Sauce. Serve with Ritz crackers.

COLLEEN'S HOT ARTICHOKE DIP

Colleen Cleavenger

2 jars (6 oz. ea.) marinated artichoke hearts, drained and coarsely chopped
3 garlic cloves
1 pkg. frozen spinach, thawed and drained
 $\frac{3}{4}$ c. grated parmesan cheese

$\frac{3}{4}$ c. sour cream
 $\frac{3}{4}$ c. mayonnaise
 $\frac{1}{4}$ c. mozzarella cheese

Mix together all ingredients. Place in small baking dish. Bake at 375 degrees for 30 min. Stir after first 15 min. Serve with corn chips.

CHEDDAR CHEESE FONDUE

Karen Cahill

1 can of cheddar cheese soup, 1 c. French onion dip, 4 oz. shredded sharp cheddar cheese, $\frac{1}{2}$ t. dry mustard, 2 dashes cayenne pepper (Optional). Combine ingredients and melt down in fondue pot. Dip cubes of bread, ham, broccoli, or apples.

HOT CORN DIP WITH CRISPY TORTILLA CHIPS

Emeril Lagasse

2 T. unsalted butter

$\frac{1}{2}$ t. salt

1 c. finely chopped yellow onions

$\frac{1}{4}$ c. chopped green onions

$\frac{1}{2}$ - 1 c. mayonnaise

4 oz. Monterey Jack, shredded

3 $\frac{1}{2}$ c. fresh corn kernels

$\frac{1}{8}$ t. ground pepper

$\frac{1}{2}$ c. finely chopped red peppers

2 t. minced garlic

4 oz. Sharp Cheddar, shredded
Tortilla chips

Melt 1 T. butter in a large heavy skillet over medium-high heat. Add the corn, salt and pepper. Cook, stirring occasionally, until the kernels turn deep golden brown, about 5 min. Transfer to a bowl. Melt the remaining T. of butter in the skillet. Add the onions and bell peppers and cook, stirring often, until the onions are wilted. Add the green onions and garlic and cook, stirring for 2 min. or until the vegetables are softened. Transfer to the bowl with the corn. Add the mayonnaise, $\frac{1}{2}$ of the Monterey Jack and half of the cheddar and mix well. Pour into an 8" square baking dish and sprinkle the remaining cheese on top. Bake until bubbly and golden brown. 10-12 min. Serve hot with chips.

GREEK YOGURT ONION DIP

Food Network Kitchen

1 T. olive oil

Kosher salt

1 c. 2% Greek yogurt

$\frac{1}{4}$ c. chopped fresh chives

Cut-up vegetables, pretzels or pita chips

1 c. chopped shallots

1 t. balsamic vinegar

$\frac{1}{4}$ c. milk

Freshly ground black pepper

Heat the olive oil in a small skillet over medium heat. Add the shallots and $\frac{1}{2}$ t. salt and cook, stirring frequently, until translucent and soft, about 5 min. Add $\frac{1}{4}$ c. water and the vinegar, reduce the heat to medium and cook, stirring occasionally, until the shallots are browned and caramelized, 12-15 min.

Combine the shallots, yogurt, milk, chives, $\frac{1}{2}$ t. salt and $\frac{1}{4}$ t. pepper in a medium bowl and stir until blended. Cover and chill for 30 min. before serving. The dip will keep overnight.

BLT DIP

1# bacon; cooked and crumbled

1 c. sour cream

2 tomatoes, seeded and finely chopped

1 c. mayonnaise

1 t. Lawry's

1 t. onion powder

Combine all ingredients except bacon. Chill, until ready to serve. Stir in crisp bacon. Serve with toasted bread slices, cut in triangles or assorted crackers. Makes 3 cups

BLUE CHEESE DIP

Cooking Channel

Puree 1 $\frac{1}{2}$ c. sour cream, $\frac{3}{4}$ c. mayonnaise and $\frac{1}{2}$ # blue cheese. Add chopped chives, a dash of Worcestershire sauce and celery salt. Serve with vegetables.

CHEDDAR PECAN DIP

Cooking Channel

1 c. pecan halves
 $\frac{1}{2}$ c. mayonnaise
6 oz. shredded extra-sharp cheddar
Finely chopped chives, for garnish

8 oz. cream cheese, softened
4 oz. Swiss cheese, shredded
fine salt
sliced apples or crackers

Spread pecans on baking sheet and bake at 350 degrees until golden brown - about 8-10 min. Cool, then use food processor to process cream cheese, mayonnaise, cheddar and Swiss until mixture is smooth. Transfer to large bowl. Stir in pecans and season with $\frac{1}{4}$ t. salt. Spread into a serving dish and garnish with chives.

May be served with apples, pears, crackers etc.

KNORR SPINACH DIP

1 - pkg. (10 oz.) baby spinach, or 1 pkg. frozen chopped spinach, thawed and squeezed dry
16 oz. sour cream
1 Pkg. Knorr Vegetable recipe mix
1 can (8oz.) water chestnuts, drained and chopped (Optional)

1 c. mayonnaise
3 green onions, chopped

Combine all ingredients and chill about 2 hours. Serve with veggies or chips.

ROASTED GARLIC BACON DIP

Cooking Channel

Cut off heads of two cloves of garlic, drizzle w/olive oil, wrap in foil and bake at 400 degrees until tender - 45 min.

Saute 1 roasted garlic clove in olive oil over low heat till caramelized - 30 min.

Let cool. Mix with 1 $\frac{1}{2}$ c. sour cream, $\frac{1}{4}$ c. mayonnaise and chopped chives and scallions.

Crumble 6 slices of crisp bacon on top.

DILL DIP

Dorothy Rau

1 - c. sour cream
1 C. mayonnaise
2 T. dill weed

2 T. onion flakes
2 T. parsley flakes
1 T. Lawry's seasoned salt

Mix all ingredients and chill. Use as dip for raw vegetables. Make 2 cups.

BAKED TEX-MEX RED PEPPER CHEESE DIP

Courtney Champion (Southern Living 2014 Annual Recipes)

Preheat oven to 325 degrees. Stir together 2 c. shredded extra sharp Cheddar cheese; 2 c. shredded pepper Jack cheese; 6 oz. of cream cheese, softened; $\frac{3}{4}$ c. roasted red bell pepper, chopped; $\frac{1}{2}$ c. mayonnaise; $\frac{1}{3}$ c. chopped fresh cilantro; 3 finely chopped green onions; 1 t. Worcestershire sauce; $\frac{1}{4}$ t. dried crushed red pepper; table salt and freshly ground black pepper to taste.

Lightly grease a 2 qt. baking dish with cooking spray; spread cheese mixture. Bake 20 to 25 min. or until thoroughly heated and bubbly.

TEX MEX LAYERED DIP

Carol Ropp

3 medium avocados

$\frac{1}{2}$ t. salt

1 c. sour cream

1 pkg. taco seasoning

8 oz. extra sharp cheese, shredded

1 large bunch of green onions

2 $\frac{1}{2}$ T. lemon juice

$\frac{1}{4}$ t. pepper

$\frac{1}{2}$ c. mayonnaise

2 - 10 $\frac{1}{2}$ oz. Bean Dip

3 chopped tomatoes

2 cans of sliced ripe olives

Mix avocados, lemon juice, salt and pepper. Mix together sour cream, mayonnaise and taco seasoning. On a large platter spread the bean dip. Top with the avocado mix. Next, layer the sour cream and mayo mix. Sprinkle with chopped onion, tomatoes and olives. Cover with cheese.

Serve with tortilla chips.

