

**DIPPITY  
DOO DAH**



## **EPISODE 39**

### **Everything Bagel Dip**

*Adapted from Ali Slagle, NY Times Cooking*

#### **INGREDIENTS**

2 tablespoons dried minced onion

2 tablespoons poppy seeds

2 tablespoons white sesame seeds

*Note: You can use or 6 Tbsp of Everything Bagel Seasoning in place of the first three ingredients)*

1 teaspoon fennel or caraway seeds

1 teaspoon garlic powder

1 teaspoon flaky salt

8 ounces cream cheese, cut into small pieces, at room temperature

1½ cups sour cream

Crudités, bagel chips, potato chips and-or pretzels, for serving

Optional: Smoked Salmon can be added on crackers with the dip

## DIRECTIONS

- In a small bowl, mix together the dried onion, seeds, garlic powder and flaky salt.
- In a medium bowl, using a whisk or an electric hand mixer, blend together the cream cheese and sour cream until smooth and fluffy.
- Stir in all but 1 tablespoon of spice mixture.  
Transfer to a serving bowl.
- Refrigerate for 15 minutes or up to 5 days for dip to thicken and flavors to meld.
- When serving, garnish with the remaining 1 tablespoon spice mixture, and serve with bagel chips, potato chips, vegetables, pretzels, or whatever you like.
- Optional: Serve with smoked salmon, chives, chopped red onion, caviar!

### Tip:

If you're making it by hand, make sure to keep your cream cheese quite soft. It'll make things a lot easier.

## Easy Hummus

*Adapted from Inspiredtaste.net*

## INGREDIENTS

1 (15-ounce) can chickpeas or 1 ½ cups (250 grams) cooked chickpeas  
1/4 cup (60ml) fresh lemon juice, 1 large lemon  
1/4 cup (60ml) well-stirred tahini, see our homemade tahini recipe  
1 small garlic clove, minced  
2 tablespoons (30ml) extra-virgin olive oil, plus more for serving  
1/2 teaspoon ground cumin  
Salt to taste  
2 to 3 tablespoons (45ml) water or aquafaba, see notes  
Dash ground paprika, sumac, or Za'atar for serving

## DIRECTIONS

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute. Scrape the sides and bottom of the bowl, then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini.

2. Add the olive oil, minced garlic, cumin, and 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl, and then process for another 30 seconds or until well blended.

3. Add half of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl, then add the remaining chickpeas and process them until thick and relatively smooth, 1 to 2 minutes.

4. The hummus will likely be too thick and still have tiny bits of chickpea. To fix this, slowly add 2 to 3 tablespoons of cold water or aquafaba with the food processor turned on until you reach the perfect consistency.

5. Serve hummus with a drizzle of olive oil.