



## CRUDITES

<b>Season:</b>	all year round
<b>From the garden:</b>	carrot, cucumber, celery, capsicum, broccoli...anything firm and raw!
<b>Type:</b>	starter
<b>Difficulty:</b>	easy

### Equipment

- Chopping boards
- Chopping knives
- Vegetable peeler

### Ingredients

- Carrots
- Cucumbers
- Celery
- Capsicum
- Beans
- Radish
- tomatoes...

### Method

1. Carrots: peel carrots and chop off ends. Chop carrots first in half or thirds (depending on size of carrot), then chop each piece lengthways into uniform pieces about 1cm thick.
2. Capsicum: wash capsicum. Slice in half lengthways and remove stem, white ribs and seeds. Chop lengthways into pieces similar size to the carrots.
3. Cucumber: wash cucumber. Slice off and discard each end. Chop into the lengths you want first, then chop each piece lengthways into uniform pieces
4. Celery: Snap each piece off at the base and wash. Slice off white base at the bottom and the green tops where the leaves start. If there are 'strings', peel them off gently with a peeler. Slice into uniform lengths, and in half lengthways if the celery stalks are very thick.
5. Beans: wash and chop off ends. Cut in half.
6. Radish: Chop off the ends. Wash. Cut in half, then placing flat side down, cut into uniform pieces about 1cm thick. If the radishes are small, they may not need much cutting up. They will also be sweeter
7. Tomatoes: wash. If you are using cherry tomatoes, cut in halves. Otherwise, cut into quarters.

### Notes:

- *"Uniform pieces"* – means that they're a similar shape and size.
- *"Crudit "* (pronounced crew-dit-ay) is a French word meaning 'rawness'
- *Use any vegetable that is in season. They must be able to be eaten raw (so no potatoes!). They must be quite firm so that they can be dipped without breaking. Broccoli or cauliflower can be broken up into individual florets for easy dipping and then the stalks sliced into crudit s*