



Sliced vegetables for Dip (Crudités - pronounced Croo-dit-tay in Australia, or Croo-dit in France)



**This is a perfect recipe to make at home.
Preparing dip for your lunch box is really fun and interesting.
Slicing up the vegetables showcases your knife skills.
You can use just about any vegetable you can think of.**

Equipment:	Ingredients
Chopping board and mat Knife Bowl Tongs Clean tea towel Platters	Various vegetables and fruit: This may include - Carrots Celery stalks Cucumber Apples 2 tablespoons Vinegar Enough water to cover the apple slices Edible flowers What other vegetables do you think you can eat raw?

Method:

Remember to clean up your workstation as you go

1. Discuss knife safety rules with your supervisor.
2. Discuss which is the appropriate knife technique for cutting each ingredient
3. Focusing on one ingredient at a time, slice into about 5cm lengths
4. Slicing the apple:
 - a. Put the vinegar into the bowl, and add one cup of water. This is acidulated water (so named because vinegar is acidic)
 - b. After you have sliced the apple, soak the slices in the acidulated water.
 - c. Present the ingredients neatly onto the serving platters
 - d. Take the apples from the acidulated water, and drain in a colander and add to the platters
6. Garnish with flowers
7. Serve with tongs