

Spinach Dip

Back in the 1970's the height of sophistication was serving crudité (a colorful array of raw vegetables) with this dip. I have a memory of making radish roses to decorate the platter (see below for details). Its origin has been traced back to the Knorr soup company – who were trying to compete with the more common and easy to execute onion dip. Now you can purchase spinach dip in the store ready-made, but back then you had to make it yourself. It was one of the rare instances to ever purchase frozen spinach. This recipe does NOT use packaged soup mix as a seasoning.

Best if made a day in advance.

List of Ingredients:

1 cup sour cream
1 cup mayonnaise
1 cup parsley
1 package frozen chopped spinach (10 oz)
½ cup green onions
2 – 3 teaspoons dill (fresh or dried)
1 teaspoon dried thyme
1 teaspoon granulated garlic (garlic powder)
1 – 2 teaspoons Worcestershire sauce
Salt & fresh ground pepper to taste

Steps / Instructions:

- Thaw spinach and squeeze out excess moisture
- Chop green onions
- Wash and chop parsley
- In a bowl, blend sour cream and mayo
- Add salt, pepper, dill, garlic powder and thyme. Mix together
- Add the spinach, green onions and parsley to the cream mixture
- Refrigerate over night.
- Serve with crackers, sliced baguette or crudité

How to make radish roses:

Clean and de-stem whole radish and score them with 2 horizontal slices on each of 4 sides. Place in ice water until they “bloom.”