



DIPPING DELIGHTS

— simple recipes —

FOR A HEALTHY-ISH
LIFESTYLE





Safety Ingredients

Key Services

- **Fire Services & Supplies**
- **Lifesaving Services & Supplies**
- **Lifeboat & Launching Appliance Services & Supplies (MSC. 402(96))**
- **Underwater Services & Repairs**
- **Personal Protective Equipment (PPE)**

Additional Services

- **Ultrasonic Anti-Fouling Systems**
- **Calibration Services & Supplies**
- **Bridge Equipment & Electronics**
- **Shipyards & Ship Repairs**
- **Spare Parts**
- **Reconditioning of Critical Equipment**
- **Ballast Water Management Systems**

Fleet Safety Services & Launching Appliances Contracts

- **Fixed Price Agreement**
- **Any port worldwide where stations and technicians are available**
- **Tailored to your needs**
- **Invoiced on a quarterly basis**
- **All annual / bi annual safety services**
- **Budget yearly costs for safety servicing in advance**

Fleet Diving Service Contracts

- **Fixed Price Agreement**
- **Specified ports worldwide**
- **Tailored to your fleet rotations and port schedules**

SCMP (Ship Certificate Management Programme)

- **Tracking Certificates & Services**
- **Reminder of due services to clients**
- **Online facility**
- **Available FOC to our clients**

THE PLEASURES OF DIPPING INTO...

A list of dipping menu items overlaid on a background image of various dips and pita bread. The items are: Tzatziki Dip, Muhammara Dip, Courgette Dip, Spicy Feta Dip, Hummus Dip, Guacamole Dip, Beetroot Dip, Yoghurt Dip, Chimichurri, Patatas Bravas, Potato Crisps, Courgette Crisps, and Nachos. The background shows bowls of hummus, a bowl of red dip, and several pieces of pita bread on a wooden surface.

Tzatziki Dip
Muhammara Dip
Courgette Dip
Spicy Feta Dip
Hummus Dip
Guacamole Dip
Beetroot Dip
Yoghurt Dip
Chimichurri
Patatas Bravas
Potato Crisps
Courgette Crisps
Nachos

Tzatziki Dip



INGREDIENTS

1 large cucumber
300g strained Greek yoghurt
1 small garlic clove (grated)
handful of dried mint
1 tbsp white wine vinegar
drizzle of olive oil

DIRECTIONS

Grate the cucumber and place into a sieve. Mix in a large pinch of salt and let drain for a few minutes. Squeeze out the excess liquid and place into a bowl.

Add the yogurt, garlic, mint, and vinegar, then mix until the cucumber and other ingredients are fully coated with the yogurt.

Serve chilled.

This cool and creamy dip is perfect for pairing with grilled meats, pita bread, or fresh vegetables. Its light and smooth texture make tzatziki a versatile and delicious addition to kebabs and as an appetizer spread.



Muhammara Dip



INGREDIENTS

- 3 roasted red bell peppers
- 65g roasted walnuts
- 1-2 tbsp pomegranate molasses
- 1 tsb ground cumin
- 1 tsb chilli flakes (optional)
- 1 tsb tomato paste
- 1 tsb salt (to taste)
- 1 garlic clove (optional)
- handful of breadcrumbs

DIRECTIONS

Quarter the peppers and remove the seeds before roasting. Allow them to cool, then finely chop.

Roast the walnuts and once cooled, grind them slightly. Leave a few whole for decoration.

Mix the peppers with the walnuts, then add the molasses, tomato paste, cumin, chilli, salt, garlic and breadcrumbs.

Once chilled, decorate with the leftover walnuts.

The smooth, creamy texture and rich, slightly smoky taste make it a delightful addition to any meze platter or a tasty dip with pita bread and crackers. With its perfect balance of tangy and nutty flavours, muhammara is sure to impress at any gathering.

This savory and nutritious dip is perfect for pairing with pita bread, fresh vegetables, or as a flavourful addition to sandwiches and wraps. Its rich texture and robust flavour make it a delightful appetizer or side dish for any occasion.



INGREDIENTS

2 Courgettes
1 small garlic clove
1 tbsp tahini
Juice of half a lemon
1 tbsp Greek yoghurt
handful of chopped
fresh mint
olive oil

Courgette Dip

DIRECTIONS

Cut the courgettes into small chunks lightly coat in olive oil before roasting in the oven for about 20 minutes until they become soft.

Once cooled, blend the courgettes in a food processor with the garlic. Add the tahini and lemon juice with some seasoning.

Transfer to a bowl and stir in the yoghurt with the mint.

NOTES

Chill before serving



This dip offers a perfect balance of creaminess and heat, making it an exciting addition to a BBQ or any snack

Spicy Feta Dip



INGREDIENTS

200g feta cheese (crumbled)
quarter red bell pepper
300g Greek strained yoghurt
1 tbsp peri peri flakes

NOTES

Can be made from the previous day.
Serve chilled

DIRECTIONS

Dice the pepper and place in a bowl together with the feta, yogurt, and peri peri flakes.

Use a hand blender to blend the mixture until smooth.

Taste and add more peri peri flakes depending on how spicy you like it.

Pour into a bowl and serve with pita bread or stick vegetables.



Hummus Dip

INGREDIENTS

1 cup of dried chickpeas
(without skin)
1 tbsp baking powder
3 cups water
1 garlic clove (crushed)
1/3 cup tahini paste
1/2 cup lemon juice
salt
olive oil
paprika

*A healthy, plant-based dip with
a smooth but nutty texture, and
garlicky undertones*

DIRECTIONS

Rinse the chickpeas and soak them overnight in water with the baking powder. This will help them cook more quickly.

Drain and wash the chickpeas before cooking them in clean water until they become soft. Drain and reserve the liquid.

Put the chickpeas into a blender together with the garlic, tahini paste, lemon juice and a couple of tablespoons of the cooling liquid.

Blend until thick and smooth. Add more liquid until the consistency is to your preference.

Spread on a shallow dish and drizzle a little olive oil over the top and a sprinkle of paprika.





Guacamole Dip

A creamy and flavourful Mexican dip

INGREDIENTS

2 avocados (blended)
2 tomatoes (chopped into cubes)
1 medium size onion (chopped)
2 cloves garlic (crushed)
Juice of 1 1/2 limes
1 fresh chilli
salt & pepper
Handful Cilantro (chopped)
1 tbsp olive oil

DIRECTIONS

Mix all ingredients together with a fork and season with salt and pepper.

NOTES

Tastes delicious with nachos, especially when topped with oven-baked shrimp tossed in garlic and red pepper.





Beetroot Dip

A dip with an earthy flavour which is perfectly balanced with a hint of sweetness and tanginess.

INGREDIENTS

4 beetroots

1 garlic clove (grated)

4-5 tbsp of strained Greek yoghurt

salt and pepper

DIRECTIONS

Peel and boil the beetroots until they are cooked. Alternatively, use shop bought pre-cooked beets.

Remove from the liquid and let cool before grating.

Add the garlic together with the strained yoghurt and seasoning.

Mix well and combine.

Serve chilled.



Try experimenting with different spices to create a delicious yogurt dip



Yoghurt Dip



DIRECTIONS

Pour the yoghurt into a bowl and add the desired spices.

Mix well and serve



INGREDIENTS

Recipe 1

300g strained Greek yoghurt

season with:

sweet paprika

garlic powder

salt

tumeric

(mushroom and onion powder optional)

Recipe 2 (Yoghurt & Mango)

300g Greek strained yoghurt

1/2 jar of mango chilli chutney

1 tbsp chilli flakes

ground pepper

Chimichurri



A zesty blend of herbs, garlic, and vinegar creates a vibrant and savoury sauce that enhances any dish

DIRECTIONS

Combine all the ingredients in a bowl and add enough olive oil to cover the mixture.

Mix well and let sit for a few hours to allow the flavours to meld together.

Serve with grilled steak.

INGREDIENTS

small bunch of parsley (finely chopped)

1 tbsp chilli flakes

1 tbsp paprika

2 hot chillies (finely chopped)

1 cup red wine vinegar

3/4 cloves of garlic chopped and minced
into a paste.

Juice of half a lemon





Patatas Bravas

Each bite offers a perfect balance of crunchy exterior and fluffy interior and tastes delicious with any yoghurt dip

INGREDIENTS

500gr potatoes

1 tsb curry powder

mayo

seasoning

garnish with parsley

DIRECTIONS

Cut the potatoes into chunks and coat them lightly with olive oil and a dusting of curry powder and seasoning.

Bake in the oven for around 30 minutes flipping occasionally, until they are crispy and golden.

Serve with any mayo of your choice.



Potato Crisps

INGREDIENTS

potatoes (as many as you like)
paprika
onion or garlic powder
oregano
olive oil
salt and pepper

DIRECTIONS

1. Preheat your oven at 200°C
2. Peel and wash large potatoes and pat them dry.
3. Thinly slice them evenly by using a mandolin slicer.
4. Line them up on kitchen paper, and press them on top with another piece until they are dry; this removes the starch to make them as crispy as possible. (Repeat the process if needed until they are dry)
5. Place the slices in a bowl, add some olive oil, and toss until they are evenly coated.
6. Season to your liking with salt, pepper, paprika, onion or garlic powder, oregano, etc., and toss them again.
7. Arrange the potatoes on a lined baking sheet, ensuring the slices do not overlap.
8. Bake at 180-200 degrees until golden brown and crispy (turn when needed)

Usually they don't need longer than 10 minutes to cook.



*Crispy, salty texture of crisps
beautifully complements the creamy,
tangy taste of yogurt-based dips*



Courgette Crisps

INGREDIENTS

courgettes (as many
as you like)
garlic powder
parmesan (grated)
olive oil
salt and pepper



DIRECTIONS

Preheat your oven at 200°C

Wash the courgettes and pat them dry before thinly slicing them with a mandolin slicer.

Salt the slices and let sit to draw out the moisture. Rinse, then press dry between kitchen paper. Repeat if needed.

Turn the oven temp up to 220°C.

Place the courgettes on a lined baking sheet, ensuring the slices do not overlap. Spray with olive oil, and bake for 15 minutes.

Remove the baking sheet from beneath the courgettes and season with the salt, pepper, garlic powder and parmesan. Bake until golden and crispy, for a further 15 to 20 minutes.

Some of the courgettes will be ready before the others. Transfer the cooked ones to a plate and continue baking the rest until they crisp up.



Nachos

INGREDIENTS

- 250g Nachos
- 25gr cheese tex mex style
- 75ml guacamole dip
- 50ml crème fresh
- 50ml nacho style red sauce
- 20g coriander (chopped)
- 10g jalapeño pepper (thinly sliced)

DIRECTIONS

- Preheat your oven to 175°C
- Layer the nachos on a baking sheet and cover with the cheese before baking for about 5 minutes, or until the cheese has melted.
- Remove the nachos from the oven and top with the guacamole, crème fresh, red sauce, coriander and jalapeño pepper.



A man with dark hair, wearing a white t-shirt, is leaning over an open refrigerator. He is holding a sandwich with both hands and taking a bite. He has a surprised or guilty expression on his face, looking directly at the camera. The refrigerator is open, showing shelves with various items: a carton of eggs, a red pepper, a green bottle, and a blue bottle. The lighting is warm and focused on the man and the refrigerator.

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IF WE'RE NOT MEANT
TO HAVE MIDNIGHT
SNACKS,
WHY IS THERE A
LIGHT IN THE
FRIDGE?

”

ANONYMOUS



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