

Artichoke and Spinach Dip

2 tins drained artichokes
1 cup mayonnaise
½ cup soured cream/crème fraiche
1 cup grated parmesan
3 cloves garlic
1 bag spinach leaves
Salt and pepper to taste

Preheat the oven to 200 degrees

Using smooth edge can opener, open the tins of artichokes and drain in the sink using the medium colander, rinse some of the salt off and pat dry with kitchen towel. Using the food chopper or manual food processor chop the artichokes into small pieces and set aside in small batter bowl. In the classic batter bowl mix together all the other ingredients except the spinach, measuring all the wet ingredients in the measure all cup, mix well with the small mix and scraper, grate parmesan using microplane grater-fine or microplane zester, crush in garlic using garlic press. Rinse the spinach in the large colander and either add in whole leaves to the dip or chop before you add to the dish. Season using grinder set (be cautious on salt due to saltiness of artichokes and parmesan)

Put into square baker, deep dish bakes or DCB – bake in a hot oven 20-25 mins until bubbling and cooked.

Serve with pitta or bagel crisps, crudités, potato wedges or anything!