



Culinary Institute
of America

Global Dips, Spreads, & Sauce Accompaniments



Learning Objectives

- Identify various dips, spreads, and sauce accompaniments.
- Explain the origin and application of the global foods discussed in class.
- Prepare several dips, spreads and sauces using a variety of regional techniques.

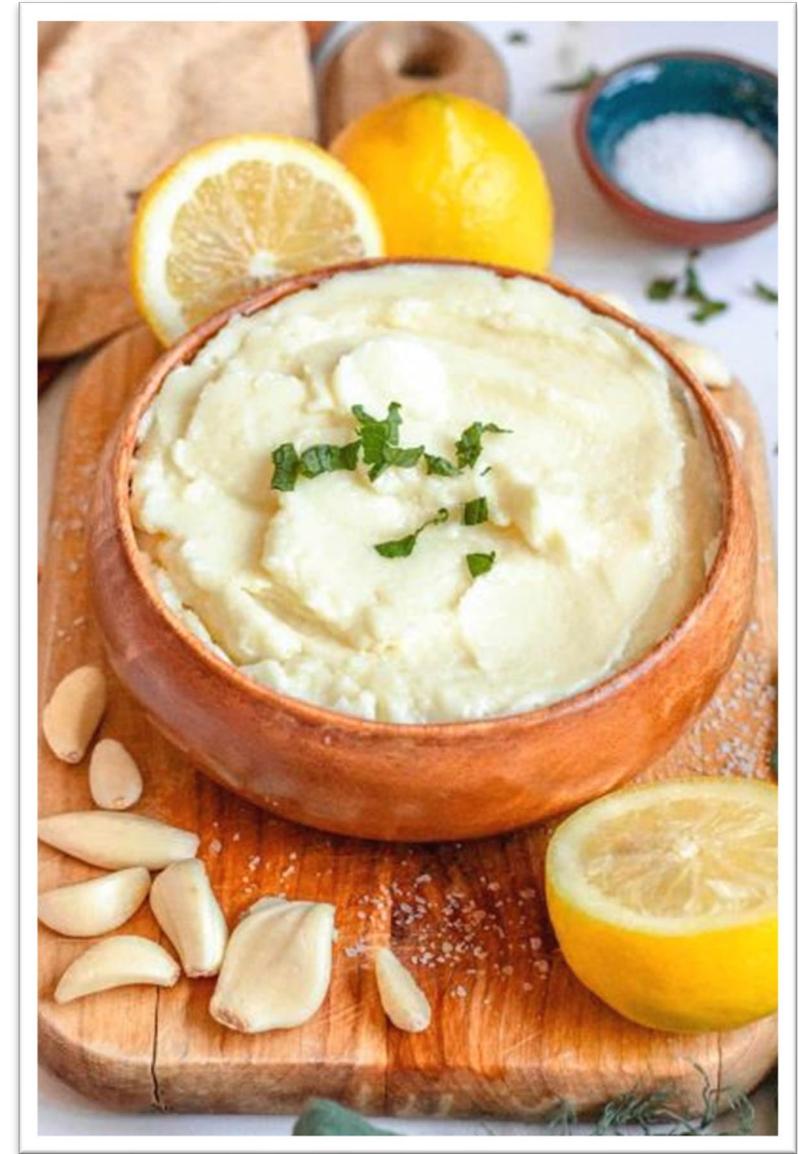
The Mediterranean

- **Hummus:** Middle Eastern; dip/ spread made from chickpeas, tahini, + olive oil
- **Baba Ghanoush:** Levant region; made from roasted/ grilled eggplant , tahini, olive oil, + herbs
- **Tzatziki:** Greek; made of yogurt, cucumber, garlic, salt, olive oil, + lemon juice/ vinegar



The Mediterranean

- **Toum:** Lebanese/ Syrian garlic paste made with oil + lemon juice
- **Muhammara:** Syrian hot pepper dip; red bell peppers, walnuts, breadcrumbs, + pomegranate molasses
- **Aioli:** Mediterranean; mayonnaise-based sauce with garlic, herbs, + olive oil



The Americas



- **Guacamole:** Aztec-origin dip; mashed avocado, onion, tomatoes, various spices & flavorings
- **Salsa:** common Mexican condiment; tomatoes, onions, various chili peppers
- **Queso:** popular North American dip, associated with Tex-Mex cuisine;; melted cheese (like queso Oaxaca), peppers, spices

The Americas

- **Bean dip (*Frijoles refritos*):** a dip/ spread; made from refried beans; popular in the US & Mexico
- **Chimichurri:** Argentinean dip/ marinade made with parsley, garlic, oil, + vinegar



Europe

- **Ajvar:** Southeast European condiment; roasted red bell peppers, eggplants, garlic, oil
- **Romesco:** Spanish sauce/dip from Catalonia; almonds, hazelnuts, roasted red peppers, garlic, tomato



Europe

- **Tapenade:** a French spread; made with chopped olives, capers, + anchovies
- **Fondue:** Swiss/ French cheese-based dipping sauce for bread & fruit
- **Pesto:** Genovese dish; made from basil, pine nuts, garlic, + olive oil



East Asia



- **Fermented chile paste (*Gochujang*):** a fundamental savory, sweet, & spicy Korean paste
- ***Ssamjang*:** spicy Korean dipping sauce made from *gochujang*, soybean paste (*doenjang*), sesame oil, + aromatics
- **Hoisin:** sweet-savory sauce made with fermented soybean paste, vinegar, + spices

East Asia

- **Ponzu:** citrus-based sauce made with yuzu, soy sauce, + dashi
- **Dumpling sauce:** a dipping sauce made with soy sauce, rice vinegar, chili oil, + sesame oil
- **Sesame sauce (*Goma dare*):** rich, nutty sauce made from Japanese sesame paste (*nerigoma*), soy sauce, rice vinegar, + dashi

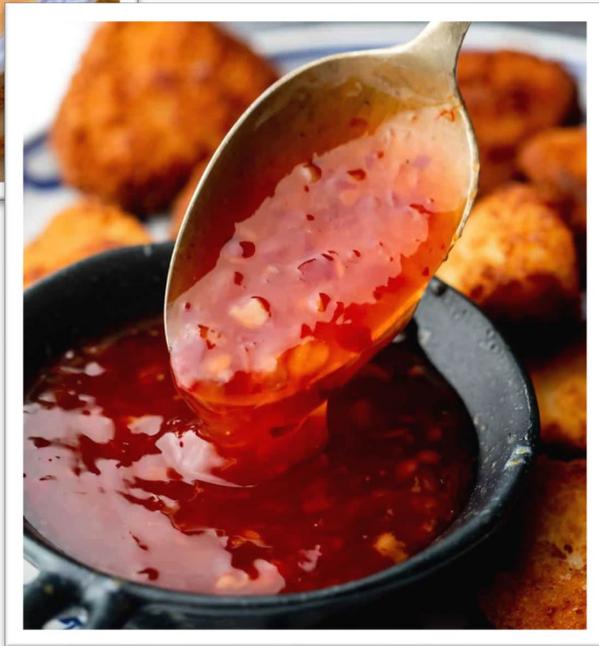
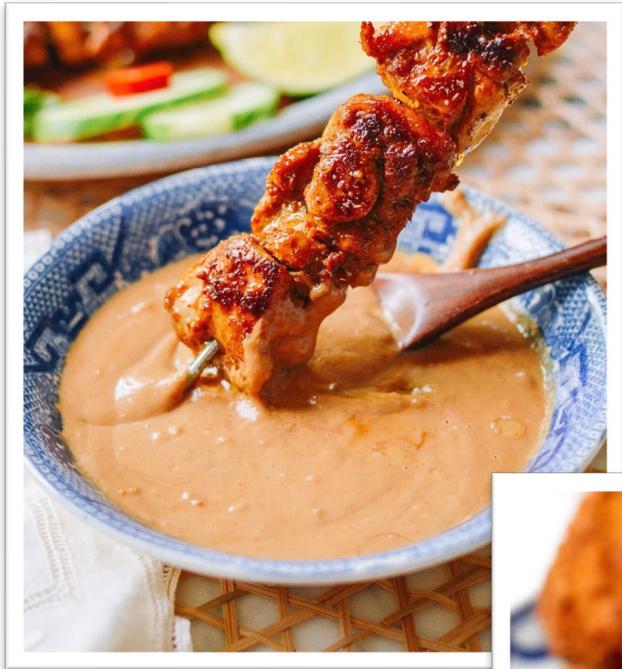


Southeast Asia

- **Nước chấm:** staple Vietnamese dipping sauce made of fish sauce, lime juice, sugar, water, garlic, + bird's eye chiles
- **Prik Nam Pla:** Thai condiment made with fish sauce (*nam pla*), Thai chiles, lime juice, + garlic



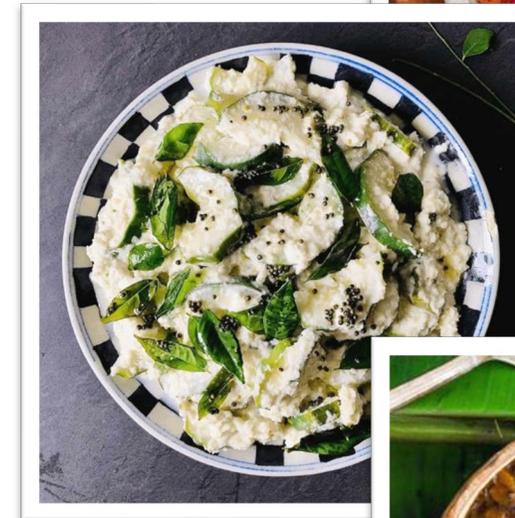
Southwest Asia



- **Peanut/ satay sauce:** rich, thick, savory sauce; ground peanuts, coconut milk, chili, various spices. Staple w/ grilled satay skewers, spring rolls, dressing for gado-gado (Indonesian salad).
- **Sweet chile sauce:** mild dipping sauce served with fried dishes; made from red chile peppers, sugar, + vinegar

South Asia

- **Raita:** yogurt-based condiment popular in India & Pakistan
- **Pachadi:** category of South Indian side dishes similar to chutneys, served with breakfast dishes
- **Lunu Miris:** Sri Lankan chile paste with onions + lime juice
- **Inji Puli:** South Indian chutney made for tamarind (*puli*), jaggery, spices, + aromatics
- **Chutneys:** Indian condiment/ relish made of fruits, vegetables, or herbs



North Africa

- **Amlou:** a spread made from toasted almonds, argan oil, + honey, served with bread/pancakes
- **Zaalouk:** Moroccan dip made with eggplants, tomatoes, garlic, + spices, served warm or cold with bread
- **Harissa:** paste made from roasted red peppers, chiles, garlic, + spices



North Africa



- **Chermoula:** paste/ marinade made from cilantro, parsley, garlic, lemon juice, olive oil, & spices, used on seafood or as a dip
- **Bissara:** puréed beans seasoned with olive oil, lemon juice, & garlic, can be made thick for dips

West Africa

- **Groundnut paste:** similar to peanut butter, thickens sauces, stews, & also is a spread
- **Fried pepper sauce (*Ata Dindin*):** spicy sauce made with red bell peppers, onions, ginger, + chiles
- **Bambara bean dip:** made from ground Bambara beans, palm oil, herbs, aromatics, + lemon juice
- **Sauce oignon:** dip made from onions, chiles, tomatoes, + aromatics, often served with fritters (*beignets*)



East, Central, & South Africa

- **Senafich:** pungent Ethiopian mustard sauce, eaten with flatbread (*injera*), meats, & stews
- **Pili-Pili sauce:** general term for spicy chile sauces used across the region
- **Chakalaka:** vegetable relish, made from tomatoes, beans, onions, + chiles, used as topping for bread/ meat





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Any Questions?