

PORCUPINE PARTY RECIPE

Chef Solus found a great way to present crudites for a party.
It's a thumbs up for taste and texture!



The Art of Nutrition

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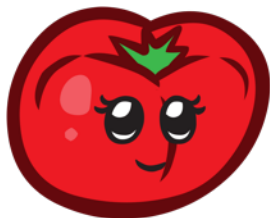


PORCUPINE PARTY RECIPE



Ingredients:

- ◆ **Puree Roasted Cauliflower or Hummus Dip** for the body
(Cut cauliflower into small pieces, roast until slightly brown, add milk until puree then stir in herbs.)
- ◆ **Strips of Carrots** for porcupine spikes
- ◆ **Strips of Celery** for porcupine spikes
- ◆ **1 Small Tomato** for the face
- ◆ **Slice of Cucumber** for the face
- ◆ **1 Olive** for face
- ◆ **Piece of Carrot** for the feet
- ◆ **1 Large Plate**



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Step 1:

Mold the dip into a body shape using a spoon, knife and fingers.



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Step 2:

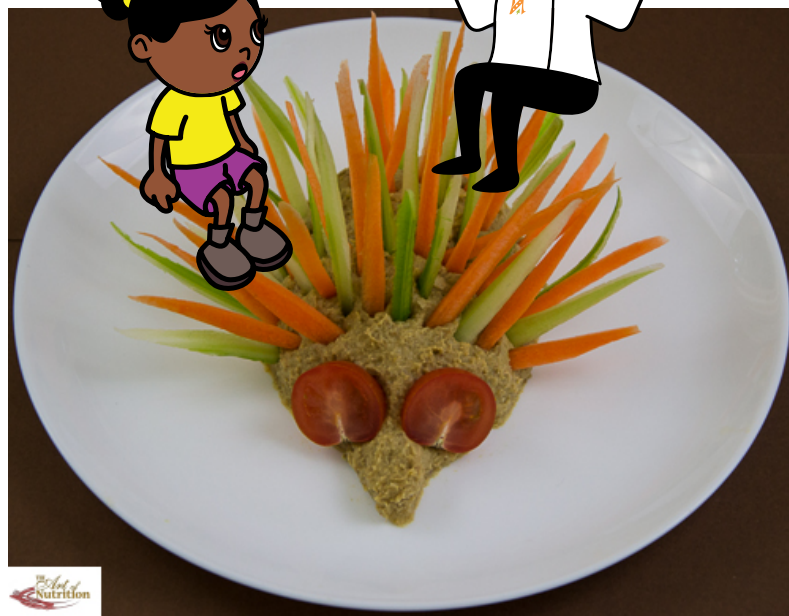
Add a nose and then frame with a small tomato, cut into half for eyes.



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Step 3:

Slice carrot and celery thinly and “spike” at the ends. Insert into the body of the porcupine. Keep adding spines all across the back until it’s covered in carrot and celery.



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Step 4:

Use cucumber slices to make the inside of the eyes then cut an olive to make the pupils and nose.



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Step 5:

Add the finishing touches with some legs and some carrot feet. And now it's ready to grace the center of the table. Dig in.....



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