



## AUGUST'S RECIPE:

# ROASTED PEPPER AND AVOCADO DIP

This recipe blends together hot and cool tastes. It is a smooth, silky, beautifully coloured dip with a perky undertaste. The dip can be served as an accompaniment to many meals, used in salad dressing or in sandwiches or even as filling for a baked potato.

Preparation time:

10 mins

Cooking time:

30 mins

Serves: 4

### Ingredients

### Method

1 red pepper  
1 green pepper  
1 red chili pepper  
½ avocado  
3 cloves garlic  
3 tablespoons cilantro  
Juice of ½ lime  
¼ cup olive oil  
½ teaspoon salt  
1 heaped tablespoon capers

Roast the peppers in a hot oven (450 F/Gas Mark 8) removing them when almost burned (about 30 minutes). Let the peppers sweat a while in a covered dish or paper bag and when they are cool remove their skins as best you can. Scrape out the seeds from both kinds of pepper. Now blend together all the ingredients except the capers which are turned in once the dip is made. This recipe will make about 2 cups.

### Energetics

Avocados are a cool tonic for the Blood and Yin with a moistening action on the Lungs and Intestines. They also pacify and smooth the action of the Liver. The peppers and garlic on the other hand stimulate circulation and Yang energy. They are supported in this by the gentler action of the cilantro. Lime is very beneficial for the Liver and helps with the digestion of the rich avocado. The extreme action of the hottest ingredients is well balanced by the avocado's soothing and moistening action. This relish is especially helpful in cases of Liver Qi Stagnation.