A Trio of Tahini Dips

Serve these dips with aish baladi (see page 82 for recipe) or pita. Makes 2½ cups each.

Beet Dip

Bring a medium saucepan of water to a boil. Add 1 lb. beets, trimmed, and cook until tender, about 1 hour. Drain and peel the beets, then transfer to a blender along with ½ cup tahini, 3 Tbsp. fresh lemon juice, 2 garlic cloves, and 3 ice cubes. Season with salt and pepper and purée until smooth. Spoon into a bowl and garnish with a drizzle of olive oil and 1 Tbsp. toasted pine nuts.

Carrot Dip

Bring a medium saucepan of water to a boil. Add 1 lb. carrots, peeled and halved crosswise, and cook until tender, about 10 minutes. Drain and transfer the carrots to a blender along with ½ cup tahini, 3 Tbsp. fresh lemon juice, 2 garlic cloves, and 3 ice cubes. Season with salt and pepper and purée until smooth. Spoon into a bowl and garnish with a drizzle of olive oil, 1 Tbsp. toasted, chopped walnuts, and 1 Tbsp. pomegranate seeds.

Parsley Dip

Bring a small saucepan of water to a boil. Add 2½ cups parsley leaves and cook until bright green, 20 seconds. Drain the parsley and submerge in ice water. Drain and transfer to a blender along with 1¼ cups tahini, 7½ Tbsp. fresh lemon juice, 5 garlic cloves, and 3 ice cubes. Season with salt and pepper and purée until smooth. Spoon into a bowl and garnish with a drizzle of olive oil and more parsley leaves.