



Benedictine Dip and Sandwich Spread

Inspired by: Chef Levon Wallace, Chef Stephen Lee, Wikipedia, and Louisville Courier-Journal and NPR

1/3 cup peeled, seeded, rough grated cucumbers, well drained*

3 Tablespoon grated onion, well drained*

1 (8 ounce) package lite cream cheese, room temperature

1/2 teaspoon salt

1 dash hot chili sauce

1 drop green food color

1 to 2 Tablespoons mayonnaise, optional

Garnish: Fine chopped chives as desired

Serve: as sandwich spread or as a dip with crackers

Drain the grated cucumber and onion with a paper towel to remove excess juice.

In a medium sized mixing bowl, beat cream cheese until fluffy; add salt and hot sauce. Stir in cucumbers and onions. Mix in green food color for a light green spread.

If you want to use this as a dip: Add 1 to 2 Tablespoons mayonnaise or sour cream until desired consistency.

Place in refrigerator to chill for several hours before serving.

Serves: about 6 to 8

Cook's Note:

You can also omit the food color but the original recipe used green food coloring.

Make sure you drain the cucumbers and onions thoroughly.

For grated veggies: Use 4 Tablespoons peeled, fine grated, well drained mini cucumbers and 2 Tablespoons fine grated well drained onion

About the Recipe: This is a classic recipe invented by Miss Jennie Benedict, a Louisville caterer near the beginning of the 20th century. It is still used today for sandwiches and even as a dip, especially in Louisville, Kentucky. I found an original recipe that called for using cucumber and onion juice, but the flavor was more vibrant using the well-drained grated vegetables. This recipe is sure to become one of your favorites too.