

Smoked No-Fish Dip

Creamy • Briny • Smoky • Plant-Based

Ingredients

- 1 can **hearts of palm**, drained and patted dry
- 1 can **chickpeas**, drained and rinsed
- $\frac{1}{2}$ – $\frac{3}{4}$ cup **vegan mayo or tofu cream** (to taste)
- Zest of 1 **lemon**
- 2–3 Tbsp **lemon juice**
- 2 Tbsp **capers**, drained
- 1–2 tsp **prepared horseradish** (adjust for heat)
- 1 sheet **nori**, crumbled *or* 1–2 tsp **kelp flakes**
- $\frac{1}{4}$ cup **dill**, finely chopped
- 2–3 **scallions**, thinly sliced
- 2–3 Tbsp **diced pickles or cornichons**
- $\frac{1}{2}$ –1 tsp smoked paprika (highly recommended for “smoked” vibes)
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp liquid smoke (optional, but encouraged)
- Salt & black pepper, to taste

Optional Flavor Boosters (choose your adventure):

- 2–3 Tbsp **finely diced celery** (for crunch)
- 1–2 tsp **diced jalapeño or serrano** (for heat)
- 1–2 Tbsp **chives**, chopped
- $\frac{1}{2}$ –1 tsp **Old Bay or Cajun seasoning**
- $\frac{1}{2}$ tsp **smoked paprika**

Instructions

1. Pulse the Base

Add hearts of palm and chickpeas to a food processor. Pulse 6–8 times until flaky and chunky—think *classic fish dip texture*, not hummus.

Tip: Can be chopped and mashed by hand also, with a fork or a potato masher until desired consistency.

2. Make It Creamy

Add vegan mayo (or sub tofu* or cashew cream), lemon juice + zest, horseradish, capers, nori/kelp, salt, and pepper. Pulse just until combined.

3. Fold in the Good Stuff

Transfer to a bowl and gently fold in dill, scallions, pickles/cornichons, and any optional add-ins you're using.

4. Season + Smoke

Sprinkle in Old Bay or Cajun seasoning (and smoked paprika if using). Taste and adjust lemon, salt, or horseradish as needed.

5. Chill (Optional but Worth It)

Refrigerate 30–60 minutes to let those briny, smoky flavors get cozy.

Serve With

- Seeded crackers or rye crisps
- Cucumber rounds or celery sticks
- Toast points or bagel chips
- Inside a lettuce wrap or piled onto sourdough or rye bread
 - Also great for a *very fancy* lunch!

Wild Plant Kitchen Tip

For extra “smoked seafood shack” energy:

👉 add an extra $\frac{1}{2}$ tsp liquid smoke *or* briefly hit the finished dip with a sprinkle of smoked sea salt.

*Tofu Cream recipe is found on page 13, in my new book “Simple Guide to a Recession-Proof Plant-Based Kitchen”, which you can download for free by clicking [here](#).

Recipe by Lauri Barnabo/Wild Plant Kitchen 2026