Beetroot Raita

Ingredients

2 small beetroot
1 ½ cups plain yoghurt
1 teaspoon cumin powder
1 green chilli, seeds removed, finely chopped (wear disposable gloves)
2 teaspoons vegetable oil
½ teaspoon black mustard seeds
6 sprigs coriander
Salt to taste

Method

To cook the beetroot in the microwave, first wash them and cut off the tops and fibrous roots. Prick the beetroot all over with a fork.

Place the beetroot in a microwave safe container or bowl with 3 cm of water. Cook on high for 6-8 minutes. You can tell the beetroot is cooked when the fork slides into it easily into it. Set it aside to cool.

When the beetroot is cool enough to handle, slip the skins off with your fingers. (Remember to wear disposable gloves)

Grate the beetroot coarsely into a medium bowl.

Add the yoghurt to the bowl and combine thoroughly.

Measure in the cumin powder and add a pinch of salt. Mix together and taste, adding more salt if you need it.

Set the yoghurt mixture aside while you flavour the oil with the mustard seeds and chilli. To do this heat the oil in a frying pan, when it is hot add the mustard seeds and the finely chopped green chilli.

When the mustard seeds start to sputter and pop turn off the heat.

Tip the seasoned oil into the beetroot and yoghurt mixture, mix through thoroughly.

Wash the coriander with the salad spinner. Chop it coarsely and add to the yoghurt mixture.

Divide the mixture between 3 small serving bowls and place on dining room tables.

Note for home: this dip goes very well with Indian flat bread.

Recipe source: Stephanie Alexander Kitchen Garden Foundation Website.