



BEETROOT YOGHURT DIP

Season:	All year round
From the garden:	<i>Beetroot, garlic, thyme leaves, cumin seeds</i>
Type:	<i>entree</i>
Difficulty:	<i>easy</i>
Country of origin:	Iran
Serves:	<i>10-12 adults as a side dish / 24-30 tastes</i>
Source:	<i>Robyn Shaw, Australian Good Taste, November 2001, p 114</i>

Equipment

- Measuring cup
- Medium Saucepan with Lid
- Skewer
- Non-stick frying pan
- Wooden spoon
- Measuring spoons
- Food processor
- Chopping board
- Kitchen Knife
- (Optional) Peeler to peel beetroot if skin is thick
- (Optional) Disposable gloves for handling beetroot which may stain hands

Ingredients

- * 2 medium beetroot
- * 3 tablespoons of cumin seeds
- * 4 garlic cloves
- * 2 cups of plain yoghurt
- * Pinch of salt
- * Small bunch of thyme

How to Make it:

- 1) Remove the stalks and leaves from the beetroot (Give any leaves to the group preparing the beetroot and carrot salad as the leaves can be put into that). Wash beetroot carefully to remove the dirt
- 2) Put the beetroot in a saucepan with a tight-fitting lid and bring to the boil over high heat. Remove the lid, reduce heat to medium and cook for 25 minutes or until the beetroot is tender when tested with a skewer. Drain and set aside to cool.

- 3) Once cool, trim the root of the beetroot. You can peel the beetroot if the skin is thick. You might want to wear disposable gloves as the colour of the beetroot can stain.
- 4) Meanwhile, place the cumin seeds in a non-stick frying pan over medium heat. Cook, stirring constantly for 30 seconds or until fragrant. Remove from heat and set aside.
- 5) Cut beetroot into large pieces and place them into the bowl of a food processor. Process until smooth. Add the yoghurt, garlic and thyme leaves. Process until well combined. Taste and season with salt.
- 6) Remove dip from the food processor and put into serving bowl. Sprinkle the dip with the toasted cumin seeds

Serve with flat bread or crudité

Notes

- Beetroot is great to grow in the garden as you can eat the leaves and the roots. It has a wonderful colour too!
- You could substitute two cans of chickpeas or borlotti beans and two tablespoons of olive oil for the yoghurt in this recipe