

Beetroot Raita

Season: Autumn/Winter/Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: beetroot, chilli, coriander

Recipe source: Foster Primary School, Victoria

Beetroot can be boiled or baked whole. It does take a long time to bake in the oven, and not quite so long to boil till tender. You will need to allow about 20–40 minutes to cook the beetroot, depending on size. If boiling the beetroot, do not completely slice off the root end as the beetroot will 'bleed' much of its juice into the water.

Note: This dip goes well with Indian flatbread.

Equipment:

metric measuring cups and spoons
clean tea towel
chopping board
small knife
salad spinner
medium pot
fork
grater
medium bowl
mixing spoon
frying pan
spatula
4 small serving bowls

Ingredients:

2 small–medium beetroot
1½ cups plain yoghurt
1 tsp cumin powder
salt, to taste
2 tsp vegetable oil
½ tsp black mustard seeds
1 green chilli, deseeded and finely chopped
8 sprigs fresh coriander, coarsely chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the beetroot in a pot of boiling water and cook for 20–40 minutes. You can tell the beetroot is cooked when the fork slides easily into it. Set aside to cool.
3. When the beetroot is cool enough to handle, slip the skins off with your fingers.
4. Grate the beetroot coarsely and place in a medium bowl.
5. Add the yoghurt to the bowl and combine thoroughly.
6. Add the cumin powder and a pinch of salt. Mix together and taste, adding more salt if needed.
7. Heat the oil in a frying pan, and when it is hot, add the black mustard seeds and the green chilli.

8. When the mustard seeds start to sputter and pop, remove the pan from the heat.
9. Tip the seasoned oil into the beetroot and yogurt mixture, using a spatula to scrape it all out of the pan.
10. Divide the raita evenly between four small serving bowls and garnish with the coriander.

