

Beetroot Borani

Bialik College Kitchen Garden Program



Ingredients:

- 6 medium beetroots
- 2 garlic cloves, peeled
- pinch of salt, plus extra, to taste
- 1 bunch of dill, chopped
- 300g plain Greek yoghurt, plus extra if needed
- 3 tablespoons olive oil
- ¼ teaspoon pepper, to taste

Equipment:

- roasting tin
- aluminium foil
- clean tea towel
- chopping board
- cook's knife
- metric measuring scales and spoons
- vegetable peeler
- mortar and pestle
- food processor
- small serving bowls

Method:

PRIOR TO KITCHEN CLASS:

1. Preheat the oven to 180°C.
2. Place beetroots (with the root and about 2cm of the stems attached) in a roasting tin and cover tightly with foil. Roast for 1 hour, then set aside to cool.

PREPARING THE BEETROOT BORANI:

3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Peel and slice roasted beetroots.
5. Pound the garlic with a pinch of salt in the mortar and pestle, until it forms a paste.
6. Transfer the cooked beetroot to the food processor and blend with the dill, yoghurt and olive oil.
7. Stir and season with salt and pepper, to taste. Add more yoghurt if needed.
8. Transfer to the small serving bowls and serve with fresh raw vegetables and herbs.