

BEETROOT DIP

EQUIPMENT

Chopping board	foil
Knife	frying pan
Roasting pan	mortar and pestle
Food processor	

INGREDIENTS

Bunch fresh beetroot	fresh chilli
Olive oil	assorted herbs (eg thyme, oregano, parsley)
Garlic	coriander seeds
cumin seeds	

METHOD

1. Turn oven on to 200 degrees
2. Put foil into roasting pan. Add washed chopped beetroot with olive oil and herbs. Wrap up and put into oven to cook until soft.
3. Put cumin seeds into hot frying pan and cook until fragrant. Tip into mortar and pestle. Do the same with the coriander seeds and add to the cumin seeds. Grind the seeds together to make a paste
4. When the beetroot is cooked, puree with olive oil, finely chopped garlic and chilli to a consistency for dipping.
5. Add ground roasted cumin and coriander seeds and salt to taste
6. Serve with toasted pita bread

NOTE: We will be making our own pita bread to go with this dip