

beetroot dip

Equipment:

roasting pan, small food processor, chopping board, knife, tongs

Ingredients:

1 large beetroot

olive oil

a few cloves of garlic, peeled and lightly crushed

1 or 2 chillies (depending on hotness!)

1 to 2 teaspoons ground roasted cumin & coriander

salt to taste

Method:

oven 180oC

Roast beetroot. Cut into quarters, and wrap in tinfoil. Roast for 30 minutes to an hour, until soft.

You are guessing the amount of spices and oil. Start off small, then add more as you go.

Puree roasted beetroot with olive oil, garlic and roughly chopped chillies to a good dipping consistency.

Add cumin & coriander and salt to taste.

Serve.