

**Season:** Year round  
**From the garden:** Beetroot, garlic, thyme leaves, cumin seeds  
**Type:** Entrée  
**Difficulty:** Easy  
**Serves:** 10-12 adults as a side dish/ 24-30 tastes  
**Source:** Robyn Shaw, *Australian Good Taste*, November 2001

---

## Equipment

- Measuring Scales
- Medium saucepan with lid
- Skewer
- Non-stick frying pan
- Wooden spoon
- Measuring spoons
- Food processor
- Chopping board
- Kitchen knife

## Ingredients

- 2 medium beetroot (about 500g)
- 3 tablespoons of cumin seeds
- 4 garlic cloves
- 2 cups (320g) of plain yoghurt
- 1 teaspoon of thyme leaves
- Pinch of salt

## How to make it

1. Remove the stalks and leaves from the beetroot (the leaves can be saved to use in a salad). 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 to peel the beetroot as the colour can stain your hands.
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, place them in the bowl of a food processor and process until smooth. Add the yoghurt, garlic and thyme. Process until well combined. Taste and season with salt.
6. Remove dip from the food processor and put into serving bowls. Sprinkle the dip with the toasted cumin seeds.

**Serve with flat bread or crudité (vegetable sticks.)**

## Notes:

- Beetroot is great to grow in the garden as you can eat the leaves and roots! It has a wonderful colour too.
- You could substitute 2 tins of chickpeas or borlotti beans and two tablespoons of olive oil for the yoghurt in this recipe.

- “Crudité” is a French word that means raw vegetables cut into bite-sized pieces of sticks which are served with dips. Common vegetables that are used as crudité include carrot, celery, cucumber, capsicum, beans, broccoli and cauliflower.

### **Skills:**

- Chopping, peeling, using the food processor