



Beetroot & Yoghurt Dip / Drizzle

Season: Autumn

From the garden: beetroot, mint

Type: Bread Difficulty: Easy

Serves: 12 adults/ 36 tastes

Recipe source: Laura Cornelius

Equipment	Ingredients
medium bowl	3 medium beetroot
Chopping board x 2	1 cup yoghurt
Kitchen knife x 2	1/2 cup olive oil
saucepan	6 mint leaves
Measuring jug and spoons	1/2 tsp salt
mixing spoon	black pepper to taste
food processor	2 tsp lemon juice

METHOD

1. Wash beetroot.
2. Cook the beetroot whole with skins on until they are soft enough for fork to go in. (if you have a big beetroot then cut in half first.)
3. Meanwhile put all other ingredients in food processor.
4. When the beetroot are cooked cool in cold water for a few minutes until they can be touched.
5. Peel skins off (can use a butter knife).
6. Add to food processor and blitz.
7. Taste and adjust taste and consistency to suit.

Can be served thick as a dip or thinner as a drizzle over soups or main dishes (use beetroot cooking liquid to thin).