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by HorizonMum2

Indian Beetroot dish

Ingredients

250 grams or 2 medium sized beetroots
1/2 cup thick curd
Pinch turmeric powder
Salt as needed
For the grinding:
1/3 cup grated coconut
1-2 green chilli
1/2 inch ginger
1/4 tsp mustard seeds
1/4 tsp cumin seeds/jeera seeds
For the seasoning:
1 tsp oil
1/2 tsp mustard
1-2 pcs red chillies
Few curry leaves

Preparation

1   Grate beetroot and keep it aside. (use the grater with big holes)

2   Grind coconut, green chilli, ginger, jeera seeds and mustard seeds to a smooth paste.

3   Cook grated beetroot with less water adding salt and turmeric powder till soft.

4   Add the ground paste and cook for few more minutes in low flame till the raw taste of the coconut goes. Allow it to cool.

5   Add whisked curd and check for salt. Add salt if required and mix well.

6   Heat a tsp of oil, add mustard seeds, when it splutters, add red chillies, curry leaves and pour it over the mix.

7   Goes great with plain rice!

Cooks Note