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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