

Beetroot Curry



Serves: 4

Profitability:

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Ingredients:

4 large fresh beetroots, washed, peeled, cut into cubes

2 tbsp groundnut oil

½ tsp mustard seeds

¼ tsp ajwain

1 tsp cumin seeds

1 tsp crushed coriander seeds

6-8 curry leaves

1 tbsp fenugreek leaves

1 medium onion, finely chopped

2 bird's eye red chillies, slit down the middle

2 garlic cloves, finely chopped

Thumb sized piece of ginger, finely chopped

¼ tsp mango powder

¼ cup water

1 tsp salt

1/4 pint of good coconut milk

Small bunch fresh coriander

Steps:

Heat oil on low heat and fry mustard seeds, ajwain, cumin seeds and coriander. When mustard seeds begin to pop, add curry leaves, fenugreek leaves, onion, bird's eye red chillies, garlic and ginger and stir

Lower temperature and add mango powder

Add the beetroot cubes, stir well and add salt. Add water, cover and cook for about 10 minutes on a low heat

Once beetroot is cooked, add coconut milk and cook for a further 10 minutes without the lid on, to reduce the coconut milk down. Remove from heat and add chopped fresh coriander

Serve with rumali roti (a thin flatbread)