



Beetroot with Onions

Makes 3-4 servings

Ingredients

3/4 lb (350g) raw beetroot, weighed without stems or leaves
4 tablespoons vegetable oil
1 teaspoon whole cumin seeds
1 clove of garlic, peeled and very finely chopped
1 teaspoon plain flour
4 oz (110g) onion, peeled and coarsely chopped
1/2 teaspoon of cayenne pepper or chilli powder
1/2 lb (225g) tomatoes, peeled and finely chopped
1 teaspoon salt
1/2 pint (275ml) water

Recipe courtesy of Rico Manaar in Cape Town, South Africa

I love beetroot, in almost any form. Even people who do not have a weakness for this particular root vegetable, manage to succumb to the charms of this recipe. I trust you will thoroughly enjoy this amazing dish.

Directions

Peel the beetroot and cut them into wedges. A medium-sized beetroot, about 2 inches (5 cm) in length, should, for example, be cut into 6 wedges.

Heat the oil in a medium-sized pot over a medium-flame. When hot, put in the cumin seeds. Let them sizzle for 5 seconds. Put in the garlic. Stir and fry until garlic pieces turn golden. Put in the onion. Stir and fry for 2 minutes. Put in the flour and cayenne. Stir and fry for a minute.

Now put in the beetroot, salt, tomatoes and water. Bring to a simmer. Cover, turn heat to low and simmer for 30 minutes or until the beetroot is tender. Remove lid, turn up heat to medium, and cook uncovered for about 7 minutes or until the sauce has thickened slightly.