



Sugar Apple

Posts From The Caribbean

Beet Pachadi

I would normally choose black or brown mustard seeds, but only had yellow so that's what I used. You can use this same preparation for cooked spinach, okra or pumpkin. Serve at room temperature.

6 medium sized beets, boiled or roasted, peeled and cut into 1" chunks
1 teaspoon mustard seeds
2 cups of plain whole milk yogurt
1-2 teaspoons of grated fresh ginger
1 scotch bonnet or other hot chile, finely chopped
salt to taste
2 tablespoons of cooking oil
1/2 teaspoon mustard seeds
10-15 fresh curry leaves
1 dried red hot chili, broken into half

Grind the 1 teaspoon of mustard seeds in a coffee grinder until finely ground.

Put the yogurt into a bowl and beat it with a fork until it's smooth and shiny. Add the ground mustard seeds, ginger, salt and green chili and stir to combine. Add the beets and stir again to combine. Note the pretty streaks of color.

Heat the oil in a small frying pan or sauce pan over medium heat until hot but not smoking. Throw in the mustard seeds and cook until they start to pop (and they might jump out of the pan and pop at you, be careful). When the seeds begin to pop, throw in the curry leaves and dried red pepper. Cook until the pepper darkens, a minute or two.

Dump the hot oil and spices over the yogurt and beets and stir to mix. Serve at room temperature. The beet pachadi will be intensely, almost frighteningly, pink. But it will taste fantastic.

<http://www.abigailblake.com/sugarapple>

from the article *Pink Pachadi* posted on May 7, 2009