

Beetroot Borani

This vibrant, purple dip is a famous Persian dish. It is sweet, tangy, and perfect for dipping crunchy vegetables or warm flatbread.

Serves: 6 people (or 20 small tastes)

Season: Autumn

What You Need (Ingredients)

350g beetroot: Cooked, and cooled, ready to peel

150g labneh: A very thick, strained yoghurt cheese

50g Feta cheese: Crumbled

1 garlic clove: Peeled

2 sprigs of fresh dill: Chopped (save a few tiny sprigs for the top!)

2 tablespoons (80ml) extra virgin olive oil. Plus, a little extra for the top

2 teaspoons (10ml) apple cider vinegar

¼ teaspoon salt. Plus, extra for the garlic

A few grinds of black pepper

Optional: ½ tsp black onion seeds (nigella seeds) for decoration

Equipment

Food processor (for the beetroot)

Large mixing bowl

Mortar and pestle

Chopping board and cook's knife

Measuring scales and spoons

Small serving bowl

Wooden spoon or spatula

What To Do

Smash the Garlic: Place the garlic clove in the mortar and pestle with a pinch of salt. Pound it until it turns into a smooth, sticky paste.

Prepare the Beetroot: Carefully slice your cooked beetroot into smaller chunks. Put the chunks into the food processor.

The Purée: Pulse the beetroot until it is a thick purée. You want it to have some tiny bits of texture, so don't let it turn into "soup"!

The Big Mix: Scoop all the beetroot purée into your large mixing bowl. Add the garlic paste, labneh, crumbled feta cheese, chopped dill, olive oil, and vinegar.

Stir by Hand: Use a wooden spoon or spatula to stir everything together until the white labneh and feta turn a beautiful, bright pink colour.

Taste Test: Scoop a tiny bit out with a spoon to taste. Does it need more salt or pepper? If it's too thick, you can stir in another spoonful of labneh.

Serve: Transfer the mixture to a small serving dish. Use the back of a spoon to make a little "swirl" on top. Drizzle with a tiny bit of olive oil and sprinkle with the extra dill sprigs and onion seeds.

Did you know? This is traditional Persian dish often served as part of a **Sabzi Khordan**, which means "herbs to eat." It's a big platter of fresh herbs and vegetables, like mint, radish, carrot, parsley, and basil that everyone shares!