

Kitchen Garden at Collingwood College 2018

Name of Recipe: Carrot & Beetroot Pickles

Volunteer Notes:

What to collect	What to do
8-10 Carrots peeled & cut into 3cm lengths x 1 cm wide batons 2 Beetroots, peeled & cut into ½, then thin slices & then matchsticks 1 large thick based pot 1 x steamer/pot/lid	<ul style="list-style-type: none">• Once the carrots are prepped up, steam for 3-4 minutes until just tender.• Place in a crock (use heatproof baking dish & lid). OR large pot.• Add the beetroot matchsticks.• Pour the spices over, mix and pour the hot oil carefully over.
2 x tbsp Garam masala. (Get from dhal section) 1 x tbsp whole cumin seeds 1 x tsp Coriander seeds coarsely ground 1 x tsp sea salt 1 x finely chopped red chilli (use gloves) OR puree ½ tsp 1 x cup vegetable oil> heated	<ul style="list-style-type: none">• The flavours would be better if left till the following day.• Additions...you can also add some honey, and garnish with freshly chopped coriander/parsley/mint.
Optional if time: Picked/washed/chopped: parsley Picked/washed/sliced-coriander Picked/washed/sliced-mint leaves Leftover keeps well in the fridge 4 x bowls with spoons	<ul style="list-style-type: none">•