

Name of Recipe: Carrot & Beetroot Pickles

What to collect	What to do
3 x Carrots, peeled & cut into thin julienne (matchsticks) 1x Beetroot, peeled & cut into thin julienne (matchsticks) 1 large thick based pot 1 x steamer/pot	<ul style="list-style-type: none">• Once the carrots and beetroots are prepped up, steam for 1 minute until just tender.• Place in a crock - use heatproof baking dish & lid.• Pour the spices over, mix and pour the boiled oil/vinegar over carefully.
1-2 tbsp home-made Garam masala. (Get from curry section) 1/2 x tblsp whole cumin seeds 1 x tsp sea salt 1 x finely chopped fresh red chilli (use gloves) or 1/2 tsp sambal olek 1/2 x cup vegetable oil 1/4 cup red vinegar	<ul style="list-style-type: none">• Of, course 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.
Washed & sliced coriander, mint 3 x bowls with spoons	