

PANTZAROSALATA

INGREDIENTS

400g strained yogurt
2 medium raw or pre-cooked beets
2-4 sheets minced garlic (depending on
how strong you want it)
Salt to taste
1/2 cup finely chopped walnuts
1 tbsp chopped dill
2-3 tbsp. vinegar
5-6 tbsp. olive oil

METHOD

STEP 1:

Using gloves grate the beet on the fine side of a grater.

STEP 2:

In a bowl add your yoghurt, finely minced or grated garlic, salt, vinegar, finely chopped dill and olive oil. Whisk to combine.

STEP 3:

Add the finely grated beet to the dressing and stir well to combine. Taste and adjust seasoning.

STEP 4:

Top with the roasted walnut pieces and some extra dill, serve as a dip or as a salad besides roasted meats.

THE
COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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