

# PANTZAROSALATA

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## 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 will 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

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