

GARDEN TO TABLE

RECIPE: CARAMALISED BEETROOT AND BULGHAR WHEAT PILAF

Recipe from Ripe Recipes - A Fresh Batch

VOLUNTEER NOTES :

What to collect	Ingredients
Large saucepan with lid Knives Boards Measuring spoons Baking dish Large bowl	¼ cup puy lentils 500g boiled beetroot Spice Mix 3 whole star anise 2 whole cinnamon sticks Zest and juice of 1 orange 2 T balsamic vinegar 2 T soft brown sugar ¼ cup (60ml) olive oil 1 t salt Freshly ground black pepper Bulghar Pilaf 30g unsalted butter 2 T olive oil 1 red onion, peeled, halved, finely sliced 3 cloves garlic, peeled, finely chopped 1 T fresh ginger, peeled, grated 1 cup (200g) bulghar wheat 1 t turmeric powder 1 t salt 1 t freshly ground black pepper 1 cup (250ml) vegetable stock or water ¼ cup (10g) fresh mint leaves, finely sliced ½ cup (20g) fresh italian parsley, roughly chopped Zest and juice of ½ a lemon Garnish ½ cup (125g) unsweetened natural yoghurt

1. Preheat oven to 180 Celsius and line a deep-sided baking tray with baking paper.
2. Peel and dice the cooked beetroot into 2 cm pieces. Into the prepared tray, place the beetroot with the spice mix ingredients, mix well. Bake for approximately 20 minutes or until the beetroot has caramelised.
3. Remove from the oven, discard the spices and set aside to cool.
4. Prepare the bulghar pilaf: In a large saucepan over a medium heat, melt the butter with the oil. Add the onions, garlic and ginger. Stir continuously and cook for approximately 2 minutes until golden.
5. Add the bulghar wheat, turmeric, salt and pepper. Stir through. Pour over the stock and bring to boil.
6. Cover with a tightly fitting lid and reduce the heat to low. Simmer for approximately 5 minutes or until the stock is absorbed.
7. Remove from the heat; do not stir or uncover the saucepan. Let the pilaf stand for 15 minutes.
8. Into a large mixing bowl, add the bulghar wheat pilaf, the cooked lentils, mint, parsley, lemon zest and juice. Mix well until combined.
9. To assemble the pilaf, smear half the yoghurt on to a large serving platter. Add the pilaf, drizzle over the remaining yoghurt, and scatter the beetroot over the top.