

## Beetroot Leaf Boorani

Fresh crisp beetroot leaves make a great addition to a salad or a Persian herb platter (sabzi khordan), but they tend not to be valued in Australia. They're generally chopped off the beets and thrown out, so they're usually not in great condition; but it's surprising what a good soak in a sink of cold water can reveal. Rather than waste those wilted beetroot leaves and stems next time you have a bunch of beetroot, try this deliciously easy Persian-inspired dip. For a great start to the meal, pour a glass of Latta Rattlesnake Contact Blanc with this dip, a delicious full-bodied blend of riesling, viognier, sauv blanc and gewürz from Owen Latta in the Victorian Pyrenees.

**Serves 4 as a starter**

### INGREDIENTS

- 1 bunch beetroot
- 1 tablespoon extra virgin olive oil, plus extra for drizzling
- Salt flakes and freshly ground black pepper, to taste
- 1 clove garlic, crushed
- 1 cup thick natural yoghurt
- 1 teaspoon dried mint
- 1 tablespoon finely chopped walnuts
- 1 piece sangak or other flatbread



### METHOD

1. Cut the leaves and stems off the beetroot, leaving about 5cm attached to the root. Set roots aside for another dish.
2. Place leaves and stems in a sink of cold water for about an hour (or overnight); don't worry if they're wilted or damaged, at this stage soak them all.
3. Once they've had a good soak, inspect them, discarding any that are still wilted; dry the rest well.
4. Slice the leaves off the stems, reserving both separately.
5. Finely chop stems and finely shred the leaves.
6. Place oil in a heavy-based frying pan over medium heat, add stems and a good pinch of salt, cover and cook for 5 minutes, stirring occasionally.
7. Reduce heat to low-medium, stir in leaves, cover and cook for a further 5 minutes or so, until completely wilted.
8. Add garlic, increase heat to medium and stir for a minute or so, until well distributed and aromatic.
9. Tip into a colander and aside to cool.
10. Meanwhile, place yoghurt in a bowl with a good grind of pepper, add mint, rubbing it between your hands to crush it, and stir to combine well.
11. Squeeze cooled beetroot gently to remove excess moisture then stir into the yoghurt mixture. Taste and add salt.
12. Spread into a shallow bowl, sprinkle with walnut, drizzle with oil, and serve with bread on the side.