

# GOLDEN POTATO ROSTI WITH YOGHURT & BEETROOT RELISH



## GOLDEN POTATO ROSTI WITH YOGHURT & BEETROOT RELISH

Recipe by Courtney Roulston for Rabobank

### INGREDIENTS

4 medium washed potatoes (around 800g)  
½ teaspoon ground turmeric  
Sea salt and pepper to taste  
4 tablespoons ghee or extra virgin olive oil  
2/3 cup yoghurt to serve  
¼ cup coriander sprigs to serve

### Beetroot Relish

1 large beetroot, washed, grated  
1 teaspoon mustard seeds  
1 teaspoon cumin seeds  
1 small onion, diced  
1 tablespoon ginger, finely chopped  
10 curry leaves  
Juice and zest of ½ lemon

### METHOD

**Step 1.** Place a clean tea towel onto a tray and grate the potatoes onto the towel. Over a bowl squeeze the grated potato into a ball to remove as much liquid as possible (the potato liquid can be used in your next stock or soup). Place the grated potato into a bowl and mix through the turmeric, sea salt and 2 tablespoons of ghee.

**Step 2.** Heat 1 tablespoon of ghee in a heavy based fry pan over a medium heat. Add the potato to the pan and use a spatula to gently shape the rosti into an even circle around 2cm in thickness - making sure not to press down too firmly on the rosti as you want some air in between the potato for it to cook through. Leave on a gentle heat for 15-20 minutes or until the bottom is golden and crispy. Carefully flip over and cook for a further 10-15 minutes, or until golden all over and tender on the inside.

**Step 3.** Meanwhile to make the relish, heat the remaining ghee in a small frying pan over a medium heat. Add the mustard and cumin seeds and leave to cook for 30 seconds. Add in the onion and cook for 4 minutes, or until starting to go slightly brown. Mix in the ginger and curry leaves and simmer for 30 seconds before adding in the grated beetroot. Cook for 1 minute, then remove the pan from the heat and mix through the lemon zest and juice.

**Step 4.** To serve, place the rosti onto a platter and cut into thick wedges. Dollop over the yoghurt and beetroot relish. Scatter with coriander sprigs before serving.

### SERVES 4

**Prep time:** 10 minutes  
**Cook time:** 40 minutes  
**Dietaries:** Gluten free, Vegetarian