

## Beetroot



### **Fun facts:**

*The sugar beet has been the official state historic vegetable of Utah since 2002.*

*The ancient Romans considered beetroot to be an aphrodisiac.*

### **Recipes inside:**

1. Cooking beetroot in microwave.
2. Remove beetroot stains from hands.
3. Beetroot relish.
4. Beetroot hash with cabbage and eggs.
5. Beetroot schnitzel (Vegetarian)
6. Beetroot Wellington (Vegetarian)
7. Beetroot Fridge Cheesecake

### **Beetroot fact:**

Beetroot has one of the highest sugar contents of any vegetable. Up to 10 percent of beetroot is sugar, but it is released slowly into the body rather than the sudden rush that results from eating chocolate.

# Cooking beetroot ...



## Beetroot - whole - cooked in microwave

*Years ago, I cooked beetroot on the stovetop. I promised myself – NEVER, EVER AGAIN. My stove was splattered in red!*

Whole beetroot  
Boiling water

Peel the raw beetroot with a potato peeler. Add to a microwave dish with a lid (or a glass dish with a lid.) Add boiling water to submerge the beetroot halfway. Cook on High for 12 – 15 minutes, depending on your microwave. Test it after 12 minutes.

## Remove beet stains from hands..

Lemon juice  
Coarse salt  
Running tap water

Rub salt and lemon juice on the stains, rub the stains with your fingers and rinse. Repeat.



# Relish beet and hash it out..



## No cook Beet relish

415g jar / box chunky or grated Beetroot in vinegar  
1/4 cup brown sugar  
4 stalks celery  
1 cup finely chopped cucumber  
grated rind of one orange  
2 tsp minced fresh garlic  
2 tsp minced fresh ginger  
1 red onion  
1/4 cup red wine or white wine vinegar  
1 Tbsp whole mustard seeds

In a bowl, put the beetroot, celery, cucumber (if using), red onion, garlic, ginger, mustard seeds, orange rind if using, brown sugar and vinegar. Stir to mix well.

Transfer to an airtight container and keep refrigerated.

### Tips:

1. *Serve with cheese, barbecue foods or with salads over summer.*
2. *This relish is best made the day before using, to allow the flavours to mingle together.*

Recipe: <http://www.foodinaminute.co.nz/Recipes/No-Cook-Beetroot-Relish>

## Beetroot hash with cabbage and eggs

1 onion, thinly sliced  
Olive oil  
1 tsp salt  
3 cloves garlic, minced  
1 tsp oregano  
1 tsp thyme  
1/2 tsp black pepper  
3 beets, peeled and diced small  
1/2 head red cabbage, core removed and thinly sliced  
4-6 large eggs



Heat oil in large skillet over medium-high heat. Add onions and 1/2 tsp salt and cook till onions are soft and translucent. Stir in garlic, herbs, and black pepper. Stir until the garlic becomes fragrant, about 30 seconds.

Add beets and other 1/2 tsp salt. Stir everything together, cover pan & turn heat down to medium. Cook 10-12 minutes, stirring every few minutes, till beets are tender. As you stir, scrape the bottom of pan every so often to work in the browned bits from the pan.

When beets are tender, stir in cabbage. Cover & cook for another 3-5 minutes, till cabbage is wilted. Taste mixture and season to taste. Let it simmer covered till ready for eggs.

5 minutes before you're ready to serve, crack the eggs in the pan. Cover pan and let eggs poach for 5 minutes for runny yolks or 7 minutes for firm yolks. Scoop onto plates and serve with rice / mash or crusty bread.

Adapted by alma pretorius from <http://www.thekitchn.com/st-patricks-day-recipe-red-fla-141646>

# Baked beetroot schnitzel

250 g raw beetroot, peeled and cut in thick slices  
Chickpea brine from a 400 g can of chickpeas (use chickpeas for something else)  
1 tsp Dijon mustard (or other mustard)  
Pepper to taste  
1 cup soft breadcrumbs  
Parmesan powder (optional)

Preheat oven to 200°C and line a baking sheet with parchment paper. Pour the chickpea brine in a shallow bowl. Add mustard and pepper and mix well.

Pour the breadcrumbs in a second shallow bowl. Coat the beet slices with chickpea brine mixture and then with bread crumbs. Place on the baking sheet.

Bake for 30 minutes or until the beets are soft and the breading is crispy.



*Recipe:* Adapted by alma pretorius from  
<http://www.seitanismymotor.com/2016/05/baked-beet-schnitzel/>

# Beetroot Wellington

Puff pastry, defrosted, rolled out slightly  
3 whole baby beetroot in brine (or cooked / roasted beets)  
1 onion, chopped  
100g nuts, chopped (any kind)  
About 50 g mushrooms, chopped  
Herbs  
Cottage cheese, smooth  
Beaten egg



Fry onion & mushrooms with herbs on stove without lid on medium heat till no moisture is left.. add the nuts, stir, check seasoning.

Preheat oven to 200 oC and line baking tray with baking paper (use the bottom oven shelf). On rolled-out pastry, lightly spread cottage cheese all over the pastry. In centre, place the onion/mushroom/nut mixture ... place the beets on top in centre .. (see picture)

Carefully fold the pastry over to close 'the seam' on top. Fold in the sides, but be real careful that they're not too thick ... mine was a bit thick and they didn't bake through properly. Carefully put the whole parcel on top of baking sheet with seam at bottom.

Cut a few slices lightly into the pastry top and brush with beaten egg.

Bake for about 30 minutes or till golden brown.

***It was scrumptious!!!!***

*Recipe:* Adapted by alma pretorius from  
<https://www.lazycatkitchen.com/be-et-wellington-balsamic-reduction/>



# Beet Fridge Cheesecake

## Crust layer:

150g salted & roasted peanuts (or other nuts)  
about 86 grams pitted dried dates (if they're really dry, soak them in boiling water for about 10 minutes and drain them)  
About 2 tablespoons boiling water

## Filling:

2 cups peeled, chopped real fine **raw** beetroot  
1 x 397 g tin condensed milk  
1 x container smooth cottage cheese  
½ cup lemon juice

Place the peanuts into food processor, pulse few times until they are broken down. Add dates and 2 tbsp boiling water and blend until the mixture comes together. Spoon the mix into a greased loose bottom cake tin (or other greased pie dish), spread evenly onto the base and press tightly down. Place into a fridge for 30 minutes.

Put the raw beetroot in clean dish towel and squeeze out any liquid. Mix the lemon juice, cottage cheese and condensed milk well. Add in the beetroot and mix. Pour onto the crust and refrigerate for few hours.

## Note:

*I found this a really yummy dessert and so lovely and pink. The taste of beetroot is really not pronounced! But when I left it in fridge overnight, it 'bled' liquid ... but was still fabulous!*

