

Recipes... BEETS



PREP TIPS: You can bake, boil, fry or pickle beets. When baking or boiling leave the root and the top (trim the stems just at the beets or leave an inch, but don't cut into the beet itself) intact. Beets can be cooked and peeled two days in advance before using in one of these recipes, store in a covered container or Ziploc baggie. Beets will stain your hands when you peel them. Try peeling under cold running water or use a paper towel or wear rubber gloves. The red water drips will stain your clothes and your counter so wipe it up right away. Does this sound like someone who knows from personal experience? ☺

Boiled Beets

Cover with cold water, bring to boil, reduce to medium heat, cook for 30-40 minutes, longer if the beets are larger. Peel and use any way you like. I like them with just salt or salt and butter for something quick and easy. A fork should easily penetrate the skin and meat when the beets are done.

Baked Beets

Rinse any dirt off beets, put in shallow pan, drizzle with olive oil and salt, cover, bake 350 to 375 degrees for about an hour, depending on the size of beets. A fork should easily penetrate the skin and meat when the beets are done.

Beet, Orange and Walnut Salad

1 lb Beet
3 tb Olive oil
3 Orange; 2 segmented, 1 juiced and reserved
2 tb Walnut oil
1 Pinches sugar
Salt and freshly ground pepper
1 Head lettuce; washed
1 1/2 tb Red wine vinegar
3 oz Walnut halves; toasted

Preheat the oven to 375F.

Wash the beets and place in a baking dish. Drizzle with 1 tablespoon of olive oil. Cover the dish with foil and bake for 45 to 60 minutes, until the tip of a knife can be inserted easily into the beets. Remove from the oven, allow to cool. Peel the beet skins and discard. Cut the beets into wedges.

Whisk together the orange juice, the remaining 2 tablespoons olive oil and 1 tablespoon walnut oil, red wine vinegar, salt and pepper. Toss the lettuce with three quarters of the vinaigrette and place on a platter. Toss the beets with the remaining vinaigrette. Garnish the salad with the beets, orange sections and walnuts.

Serve immediately.

Beets and Pineapple

2 tb Brown sugar
1 tb Corn starch
1/4 ts Salt
1 c Pineapple tidbits
1 tb Butter
1 tb Lemon juice
appx 3 beets, cooked and sliced

Combine brown sugar, corn starch and salt in pan. Stir in the pineapple with syrup. Cook, stir constantly until it bubbles. Add butter, lemon juice and beets. Cook for about 5 minutes.

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Beets Stewed In Sour Cream

1 lb Beets fresh peeled
1 Onion chopped fine
1 c Sour cream beaten
3 tb Butter
Salt to taste

Bake the beets in a 375 degree F oven for 1 hour. Remove skin and julienne (like matchsticks, only thicker) the beets. Brown the onion in butter. Add the beets and fry for 10 minutes. Cover with the beaten sour cream mix well, cover and stew for 15 minutes.

Beets Stuffed with Vegetables and Rice

3 lg Beets
1/8 c Oil
1/4 c Kohlrabi (can substitute regular turnip or cabbage), chopped (a German turnip similar in taste to broccoli stem or cabbage heart)
6 Green olives; chopped
1/3 c Sour pickles; chopped
1/2 c Onion; chopped
1 tb Lemon juice
1/4 ts Each salt and pepper
1/2 c Rice; cooked
1/2 ts Thyme (opt'l.)
1/4 c Parsley; chopped
3 sl Lemon; peeled

Boil beets until tender. Drain, cool and peel. With a melon ball scoop, remove the beet flesh, leaving a 1/2" shell.

Heat oil in a large skillet. Saute kohlrabi, olives, pickles and onions until the vegetables are soft. Add lemon juice, salt and pepper. Remove mixture from heat; cool. Blend in the cooked rice, thyme and parsley.

Stuff beets with this mixture and cover each with a slice of lemon. Bake in a preheated 325 F oven for 35 minutes.

Hawaiian Ginger Beets

1 cn Pineapple tidbits (13-1/2 oz)
1/3 c Vinegar
1/2 c Water
1/3 c Sugar
4 tb Cornstarch
1/2 ts Salt
2 tb Butter -OR- Butter substitute
1/2 c Onion; sliced
3 beets, cooked, peeled, cut into 1" squares
2 tb Preserved ginger; chopped

Drain and reserve the syrup from the pineapple. In a bowl combine the pineapple syrup, water, sugar, cornstarch, and salt. Blend well. In a skillet melt the butter or butter substitute and sauté onion until tender. Add the syrup mixture and cook, stirring constantly, until thick and clear. Add the beets and ginger. Simmer to blend the flavors, about 15 minutes. Just before serving add the pineapple tidbits and heat through. Makes 6 servings.

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Ham and Beet Salad

3 Eggs
2 md Cooked beets
1 1/2 To 3 tbsp oil
1 tb Vinegar
Seasonings
1 To 2 dessert apples (fuji, gala, cameo)
1/4 lb To 1/3 lb cooked ham, cut in 1 slice
Lettuce
1 Lemon (garnish)
A few cocktail onions and/or olives

Hard cook the eggs, crack the shells, keep one egg for garnish. Halve the other two eggs, remove the yolks, chop the yolks and whites separately; do not chop too finely. Peel and cut the beets in slices then into matchsticks. Put into a bowl with the oil, vinegar, and seasonings. Peel the apples, cut into neat pieces; add to the beets with the diced ham. Mix the egg yolks and whites with the beets, pile onto a bed of lettuce. Garnish with rings of hard cooked egg, lemon and the onion and or olives.

To Serve:

TO SERVE: With fresh bread or rolls. This also makes an excellent hors d'oeuvre for 6-8 people, particularly, good if fish is the main course. Store in refrigerator. Vary by omitting apple, and adding cooked rice or diced cooked potato.

Beet Macaroni Salad

1 7 oz. pkg. shell macaroni; cooked and drained
1 10 oz. pkg. frozen green peas; cooked and drained
1/4 c Diced celery
1/4 c Chopped onion
4 beets, diced & drained
1 c Mayonnaise or salad dressing
Salt and pepper; to taste

Combine all ingredients in a large bowl. Cover and refrigerate for several hours or overnight.

Lemon and Garlic Roasted Beets #1

1 lb Beets; peeled, sliced 1/4"
4 Cloves garlic cloves; sliced thin
2 tb Lemon juice; fresh
1/4 ts Lemon zest; fresh
1/2 ts Extra virgin olive oil
1/4 ts Sugar
1 pinch Salt
1 pinch White pepper; freshly ground

Preheat oven to 375 in a 8 inch square non reactive (No aluminum! You can use glass or stone or coated) baking dish toss all ingredients together. Spray a piece of parchment paper w/ cooking spray and set oiled side down on the beets. Cover tightly w/ foil and roast for about 40 min. Shake the pan occasionally.

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Lemon and Garlic Roasted Beets #2

3 beets -- peeled
3 carrots -- peeled
6 cloves garlic cloves -- sliced thin
2 tablespoons fresh lemon juice -- or more
1/4 teaspoon lemon zest -- fresh
1/2 teaspoon extra virgin olive oil
1 pinch salt
1 pinch white pepper

Preheat oven to 375F.

Toss all ingredients together in an 8 inch square non-reactive baking dish. Cover tightly with foil and roast for about 40 minutes, or until the vegetables are soft. Shake or stir occasionally.

Beet Gratin

4 c Sliced beets (both red and yellow or just red), sliced 1/2-inch thick
1 c Thinly-sliced onions
2 c Seasoned bread crumbs
3 tb Butter
Olive oil, for drizzling
Parmesan cheese, for sprinkling
Creole seasoning, for sprinkling (1 1/4 tb paprika, 1 tb salt, 1 tb garlic powder, 1/2 tb each of onion powder, black pepper, cayenne pepper, dried oregano and dried thyme makes 1/3 cup seasoning, cut down more or save the rest for later use, you won't need much for this recipe)
Salt and white pepper

Preheat oven to 375 degrees F. In a buttered gratin or heavy baking dish, layer beets, onions and half of the bread crumbs, dotting each with butter and seasoning each layer with olive oil, Parmesan cheese, Creole seasoning and salt and pepper, to taste. Finish with bread crumb layer on top. Bake covered, 45 minutes. Uncover and continue baking 15 minutes more, or until top is browned and bubbly. Serve directly from dish.

Yield: 8 servings

Beet and Tomato Casserole

2 1/2 c Diced boiled beets
2 1/2 c Stewed tomatoes
1/2 c Grated cheese
2 c Bread crumbs
2 tb Butter
Salt and pepper to taste

Put 1/2 beets in bottom of greased baking dish. Add half the tomatoes then half the cheese in layers. Season to taste with salt and pepper. Add 1/2 the bread crumbs. Dot with 1 tablespoon butter. Repeat. Brown in moderate oven 350°, 20 minutes.

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Balsamic-Glazed Beets

3 1/2 lb Beets (this is a lot of beets, I would cut this recipe in half or a third)
3 tb Balsamic vinegar
2 tb Pure maple syrup or honey
1 tb Olive oil
1 1/2 ts Minced fresh thyme leaves

In a large saucepan cover beets with salted water by 1 inch. Simmer beets, covered, 35 to 45 minutes, or until tender, and drain in a colander. Cool beets until they can be handled and slip off skins and stems. Cut beets lengthwise into wedges. Beets may be prepared up to this point 2 days ahead and chilled, covered. Bring beets to room temperature before proceeding. In a large skillet stir together vinegar, syrup or honey, and oil and add beets. Cook beet mixture with salt and pepper to taste over moderate heat, stirring, until heated through and coated well. Sprinkle about half of thyme over beets and toss gently.

Serve beets sprinkled with remaining thyme.

Yield: 8 serving