



A native of Southern Europe, beetroot has a vibrant crimson colour which comes from pigments no other vegetable has. Beetroot is frequently consumed pickled. Baby beetroot leaves may be found in salad mixes. Several varieties and colours are available with roots varying in shape from round to spherical. Flavour variations are very subtle.

#### WHAT TO LOOK FOR

Roots should be smooth with a firm skin and deep red or golden colour. Avoid roots with scaly areas around the top surface as they tend to be tougher. If the leaves are still attached, they should be bright green with pink/red veins. Buy small quantities regularly to guarantee freshness.

#### STORE

Store roots in the crisper of the refrigerator and store young leaves in a plastic bag in the crisper.

#### HOW TO PREPARE

Trim root end and scrub. Leave skin intact until cooked to prevent colour loss. Peel when cooked. For salads, use raw or cooked, grated or sliced. Peel, cut to size and roast; young beetroot may not need peeling. Before microwaving, pierce the skin or the beetroot may explode. The skin is easily removed once the beetroot is cooked. Wait until cool and rub the skin off.

#### WAYS TO EAT

Beetroot roots can be eaten cooked, raw or juiced. Young leaves can be eaten like spinach – boiled, steamed, microwaved, stir fried or used raw in salads.

#### SUGGESTED COOKING METHODS

Boil, steam, microwave, roast.



# BEETROOT

*some ideas for the menu*

## Raw beetroot

### BEETROOT AND CARROT JUICE

Serves 1-2  
1 beetroot, top and tailed and quartered  
2 carrots  
2 apples, quartered, cored

Place all ingredients in a juicer and juice. Serve chilled in a large glass.



### BEETROOT AND PUMPKIN SEED SALAD

Serves 4  
2 beetroot, peeled and grated  
1 carrot, peeled and grated  
1 orange, zest and juice  
2 Tbsp olive oil  
salt and pepper to taste  
2 Tbsp pumpkin seeds

Place beetroot, carrot and orange zest in a bowl. Mix orange juice, olive oil, salt and pepper together. Add to beetroot and toss. Cover and leave in the fridge for flavours to develop. Sprinkle with pumpkin seeds to serve.

## Roast

### ROASTED ORANGE AND VANILLA BEETROOT

Serves 4  
4 beetroot, trimmed and quartered  
½ cup orange juice  
1 Tbsp minced fresh ginger  
1 tsp vanilla paste

Preheat oven to 180°C. Place beetroot in a baking dish. Mix orange juice, ginger and vanilla paste together in a small bowl and pour over beetroot. Place the dish in preheated oven and bake for 20-30 minutes or until tender, basting the beetroot occasionally.

## Boil



### BEETROOT WITH RAISINS

Serves 4  
1 Tbsp vegetable oil  
1 Tbsp cornflour  
1 Tbsp sugar  
½ cup cider vinegar  
¼ cup water  
¼ cup raisins  
2 large beetroot, boiled, skinned and diced

Heat oil, add cornflour and sugar and mix well. Add vinegar, water and raisins and stir until sauce thickens. Add beetroot and simmer until the sauce turns a rich beetroot colour. Serve hot, warm or cool.

### CAFÉ STYLE SOUP

Serves 4-6  
4 beetroot, finely chopped  
1.5 L beef or chicken stock  
1 Tbsp vegetable oil  
1 onion, finely chopped  
2 stalks celery, finely chopped  
salt and pepper to taste

Simmer beetroot in water for about 1 hour. Remove beetroot, then rub the skin off the beetroot. Discard skin and boiling water. Place beetroot in a saucepan with stock. Heat a pan and add oil. Add onion and celery and cook until soft. Add to beetroot and stock and blend. Season to taste. Return to heat until steaming hot. Serve.

