



2012 OVOC Beet Recipes 1 through 7

1. Basic Tips for Cooking and Peeling Beet Roots

Whichever method of cooking you use, it is best to cook beets whole with the peel. Leave the root and one-half inch of stem intact so they don't bleed and lose moisture.

Roast: Place well-scrubbed, whole beets, tossed with a little vegetable oil, in a baking dish . Alternatively, you can skip the oil and line the dish with foil so the juice doesn't bake on. Roast at 400° F until beets are tender when pierced with a fork. (Usually about an hour, but depends on the size of the beets.) Skin will be bubbled and peel off easily when they are ready.

Boil: Place well-scrubbed, whole beets in a pan with enough water to cover and plenty of head space so they don't boil over. Cover, and bring to a boil. Reduce heat and simmer gently until tender. (Usually about 30-40 minutes, but depends on the size of the beets.) You can also add a tablespoon of vinegar to the cooking water, if desired, to preserve the bright red color. The acid prevents them from turning a deeper purplish shade. That pretty pink cooking water is great for houseplants! (Cooled, of course.)

Peel: Place the hot, cooked beets in a bowl of cold water, or allow to cool at room temperature if you have the time. Once they're just cool enough to handle, carefully rub and slip the skins off with your hands. This method of peeling also works for preparing beets that you don't intend to cook all the way, such as for pickling, canning, or grating raw; simply boil or steam them for a few minutes to loosen the skins, then transfer to the cold water bath to peel.



2. Grated Root Vegetable Salad with Vinaigrette, from Marian Syrjamaki-Kuchta, Duluth community gardener

This salad is oh-so-simple and makes the most of the sweetness of those winter root crops. It's not too fussy, so use what you have!

Grate fresh garden vegetables, using what's in season, which may be:

- Beets, carrots, radishes, turnips, carrot, and maybe some cabbage
- Add some raisins or sunflower seeds

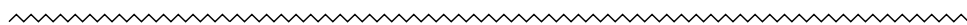
Toss the salad ingredients with my all-time, favorite salad dressing (recipe below) and serve.

James Beard's Vinaigrette Dressing:

- 1 tsp. salt
- 1/2 tsp. freshly ground pepper
- 1 Tbsp. balsamic vinegar
- 8 Tbsp. olive oil

Directions

Combine the vinegar, salt, and pepper in jar with a tight lid. Shake. Add oil and shake well.



3. Kim's Vietnamese Beet Salad, from Alberta Marana, Duluth community gardener

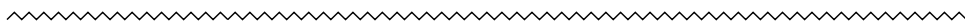
This is a recipe I was given by a Vietnamese woman who lives in Belgium. She has family in Superior and I got to know her when she was visiting here. She heard me practice my Italian and started speaking to me in Italian. What a world we live in! I'm writing the recipe as close as I remember, but am guessing on the amounts. I've made this salad a number of times, but never measure ingredients.

Ingredients

- 1 1/2 c. finely sliced green cabbage
- 1 1/2 c. finely sliced red cabbage
- 3 raw beets, peeled and shredded
- 1/4 c. canola oil
- 2-3 Tbsp. rice wine vinegar
- 1 tsp. sugar or honey

Directions

Combine the sliced and grated vegetables in a bowl. Whisk together oil, vinegar and sugar or honey to taste. Drizzle over vegetables and toss to combine.



4. My Mom's Slovenian-Style Beet Salad, from Alberta Marana, Duluth community gardener

- 5 beets, boiled and peeled
- 1/3 c. canola oil
- 2-3 Tbsp. white wine vinegar
- Salt and pepper to taste

Combine all ingredients in a serving dish, tossing to combine. Season to taste with salt and pepper.



5. Roasted Beets with Feta Cheese, from Alberta Marana, Duluth community gardener

Wrap 4-5 beets individually in aluminum foil, place on a baking sheet, and roast in a 375° F oven until tender. Remove beets from foil, then cool, peel, and slice them. Drizzle mild olive oil or canola oil over beets. Drizzle some white wine vinegar over beets (usually the ratio of oil to vinegar is 3/1, but I like to do a 2/1 ratio). Salt and pepper the beets and top with 1/4 cup of crumbled feta cheese.



6. Sauteed Beet Greens with Garlic and Olive Oil, adapted from the NY Times *Recipes for Health*, 2008

This is a simple, versatile way to prepare many different types of greens—even kale! It's great as a side dish, or you can toss the greens with pasta; add them to an omelet, steamed rice or risotto; or use them in a gratin or a quiche.

Ingredients

- 2 large bunches beet greens (about 1 pound), washed well and tough stems removed
- 1–2 Tbsp. extra virgin olive oil, to taste
- 2 fresh garlic cloves, minced
- 1/4 tsp. dried red pepper flakes (optional)
- Salt and freshly ground black pepper
- Vinegar or lemon wedges (optional)

Directions

Bring a large pot of salted water to a boil. Blanch greens in the boiling water two minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from the leaves. Chop coarsely. Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant, about a minute. Stir-fry the greens for a couple minutes, tossing to coat with the seasoned oil. Remove from heat, season to taste with salt and pepper, and serve. You may offer fresh lemon wedges and seasoned or red wine vinegar at the table. Serves 2–4.



7. Whole Beet Risotto, adapted from **Gourmet** magazine on www.epicurious.com

This creamy, satisfying dish uses both the beet roots and the greens. If you've never made risotto, don't be put off by the preparation time. Pull up a stool with a nice beverage and some company, and savor the slow-cooking. It's restorative, and makes the food taste better! Choose Arborio rice – the short, plump grains yield the creamy texture you want for risotto.

Ingredients

- 1 small onion, finely chopped
- 1 lb. red beets with greens (about 3 medium)
- 4 c. vegetable or chicken broth
- 2 Tbsp. white wine or vinegar (optional)
- 1/2 stick (1/4 c.) unsalted butter
- 1 c. arborio rice
- 1/2 c. freshly grated Parmesan (about 1 1/2 ounces)
- 1 Tbsp. bottled horseradish (optional)
- Salt and pepper to taste

Directions

Remove beet greens and wash them well. Slice leaves into 1/4-inch-wide slices and chop stems. Partially cook the beets, then peel and cut into fine dice. In a small saucepan, bring broth to a simmer and keep at a bare simmer.

In a 3-quart heavy saucepan cook onion in butter over moderate heat until softened. Add beets and stems and cook, stirring occasionally, 5 minutes. Stir in rice and cook, stirring constantly, 1 minute. Stir in 1 cup broth (about a ladle full) and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue cooking and stirring, adding broth about 1/2 cup at a time after previous addition is entirely absorbed. After 10 minutes, stir in greens and continue cooking and adding broth in the same manner, 1/2 cup at a time, until rice is tender and creamy-looking—about 8 minutes more. (There may be broth left over.)

Remove pan from heat and stir in Parmesan cheese. Season to taste, and serve topped with a dollop of horseradish, if desired.