

B E E T R O O T

Roasted Beetroot

Cut off root tips, leaves and stem (leave a little stem sticking out or else the beetroot will bleed). You can peel them if you like but, I only peel the top if it's a bit rough otherwise I don't worry. Leave whole if tiny or halve or quarter if larger. Wrap in a loose foil parcel, add a knob of butter, salt & pepper and cook for 20—40 minutes depending on size until tender.

Alternatively roast on a shallow baking tray drizzled with olive oil, salt and pepper

DON'T WASTE THE LEAVES!! - here are a couple of recipes to make use of them. To store the leaves, remove from the beetroots first, otherwise they soon turn yellow, and the beetroots also go off more rapidly.

Beetroot Leaves with Cheddar

Wilt beetroot leaves, including the red stalks, in a hot pan. When the stalks are just beginning to crisp, take off heat, grate mature Cheddar over, and eat.

Warm Greek Steamed Beetroot and Beetroot leaves

- 1 bunch beetroot with leaves * 1 clove garlic, crushed * olive oil * balsamic vinegar * Salt * 1 tspn sugar
1. Wash beetroot and leave skin on. Steam or boil for about 15 minutes until soft. Remove skin under cold running water by rubbing skin with your fingers. Cut beetroot into slices and place in a bowl.
 2. Wash beetroot leaves and steam for about 5 minutes or till they are soft and wilted. (PS you can steam leaves with beetroot but you will need to remove the leaves earlier)
 3. Chop soft steamed leaves and add to beetroot in bowl.
 4. Add garlic, salt, sugar, vinegar and oil and stir through beetroot/leaves.
 5. Serve warm or cold with fish (or any other meat if desired).

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JULIUS' CHOCOLATE BEETROOT CAKE

A very good friend of ours works for a huge farming company in Cambridgeshire who grow acres and acres of beetroot this is one of their recipes 'borrowed' from their website

30g Cocoa Powder ~ 115g Plain flour ~ 1 . 5 tsp Baking Powder ~ Pinch of salt ~

150g Caster sugar ~ 240ml corn oil ~ 1 tsp Vanilla essence ~ 3 eggs (beaten) ~ 200g Cooked beetroot (grated) ~ 110g Plain chocolate (chopped)

Pre-heat oven to 190°C. Sift cocoa powder, baking powder, plain flour and salt into a mixing bowl. Add rest of ingredients and mix well.

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